

Half of your beauty comes from
the way you speak. Be kind.

UNKNOWN / ART OF POETS

Gathering for worship

This is Me!

Lord Jesus,

We light this candle to remind us that You are the Light of the World.

As we come together to pray and praise, may your light remove all darkness from our lives.
Amen.



FELLOWSHIP



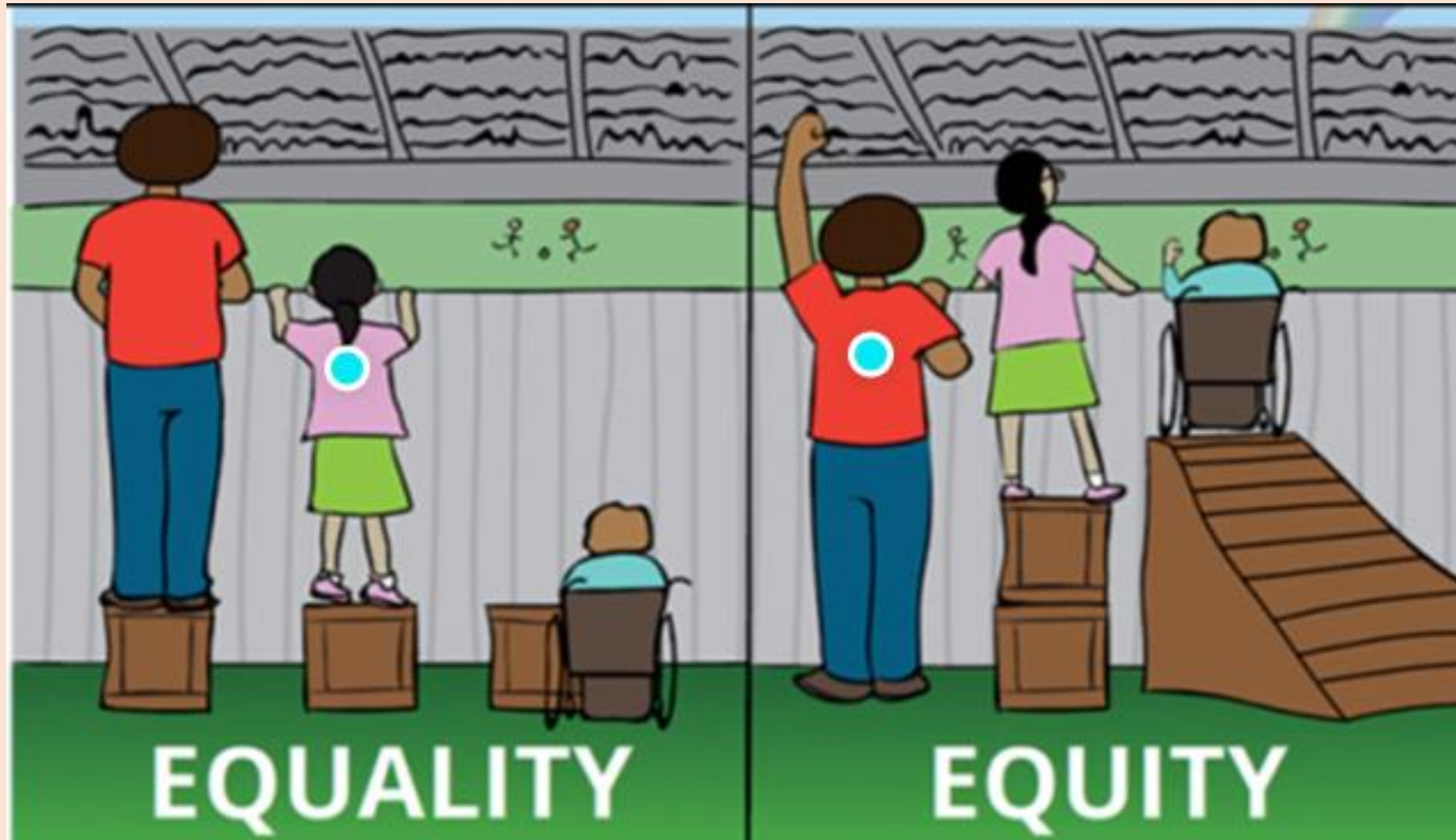
Working together to achieve shared
goals

Overcoming and celebrating our
differences

**‘And let us consider how we may spur
one another on towards love and good
deeds...encourage one another...’**

Hebrews 1:24

Not all 'disabilities' are visible!



Really Important Words:

Diversity - fact (we are all diverse/different)

Inclusion – behaviour (how we choose to include people)

Belonging (How we feel)



ADHD

Neurodiversity definition:

Neuro: relating to nerves or the nervous system.

Diversity: a range of different things.

- ADHD stands for Attention Deficit Hyperactivity Disorder.
- It is a form of neurodiversity that can make it hard for a person to control their activity level and reactions to what's going on around them.
- Some children with ADHD may have difficulty following instructions or listening in the classroom. They may also move excessively or fidget and may find it hard to self-regulate.
- It is often recognised as a hidden disability – you wouldn't be able to tell that someone has ADHD by their appearance.
- There are lots of positives to having ADHD, such as being creative, imaginative and quick-thinking, as well as being good at problem-solving. People with ADHD may also be laser-focused and complete tasks quickly.

These are some of the signs...



However, just because you might make a wrong choice, or get into trouble, or chat when you shouldn't be....**DOES NOT** mean you have ADHD!

Hyperfocus!

- Although the condition is described as having an Attention Deficit, people with ADHD can pay attention.
- However, they may find it challenging to focus their attention on things they are not very interested in.
- People with ADHD can pay a lot of attention to things and activities that they find really interesting or that have an exciting reward. This called hyperfocus.
- Think about your lessons at school – there will be some that you find more interesting than others and therefore easier to concentrate in.

How can YOU help?

- Be patient and understanding with friends and classmates who have ADHD. You may need to repeat yourself or check they have understood what you have said.
- Some people with ADHD may find it difficult to understand rules and to wait their turn. They may find it challenging if they lose when playing a game.
- People with ADHD may need a quiet space to calm down or they may need time out of the classroom. You can help them to find a safe space and let a teacher know where they are. They may also seek out activities to meet their sensory needs, such as running around the playground or using a fidget/concentration object (e.g. a small toy, a ball to squeeze or some special putty).



- Not all people with ADHD will be the same.
- Everyone is different and unique, with their own talents, interests and qualities.

Before you speak: **THINK**

Is it **True**?

Is it **Helpful**?

Is it **Inspiring**?

Is it **Necessary**?

Is it **Kind**?



LEADER

Send us out in the power of your Spirit
to live and work to your praise and glory.

ALL

May the grace of our Lord Jesus Christ, and the love
of God, and the fellowship of the Holy Spirit be with
us all, now and evermore. Amen

