

# Support participation and confidence

A suggestion for implementing the strategy  
'Helpful classroom strategies years 9–13' from  
the Guide: [ADHD and learning](#)

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- Includes:**
- Suggestions to increase confidence
  - Check students' wellbeing
  - Nurture self-esteem
  - Useful resources

## Suggestions to increase confidence

Discuss with the student what will support their participation and confidence.

Build the suggestions into your teaching practice.

- ✓ Ask students how they like to learn.
- ✓ Use students' interests and strengths as bases for teaching.
- ✓ Recognise and eliminate situations that students may find difficult or embarrassing because of their physical or cognitive differences.
- ✓ Foster tuakana-teina relationships and create a class culture where students support each other.
- ✓ Feedback success to students' parents and whānau.
- ✓ Recognise avoidance strategies and provide support and encouragement.
- ✓ Give students extra time to complete work.
- ✓ Make learning supports, such as text-to-speech and word prediction, available to all students.
- ✓ Enable students to contribute their ideas in collaborative work, without the challenge of lengthy writing tasks.
- ✓ Provide the student with strategies to help them when they get stuck.

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9–13](#)

Suggestion: [Support participation and confidence](#)

Date

18 April 2024

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-participation-and-confidence-2](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-participation-and-confidence-2)

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## Check students' wellbeing



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## Nurture self-esteem

Teachers have a vital role in nurturing positive self-perception and self-esteem.

In the classroom, talking, reading, writing, and spelling are essential parts of most activities across the curriculum.

Students who have ADHD often find themselves in situations where they are regarded as different, strange, or unintelligent. This can result in feelings of anxiety, stress, depression, or disengagement.

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## Useful resources



### Assessment for learning

Lading local curriculum guide series on using the right tools and resources to notice and respond to progress across the curriculum.

[Visit website](#)

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