What’s your Superpower? – Assembly Primary

The ADHD Foundation would like to thank you for your continued support in developing whole school approaches to Neurodiversity.

Below is a crib sheet that accompanies the assembly powerpoint presentation. The crib sheet is to give you an idea of how you may wish to facilitate the assembly but is not restrictive. Please use your wonderful creativity to facilitate the slides. The text in red is to support the adult who is facilitating the session with some background knowledge.

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| Assembly aims |
| 1. To promote a whole school approach to Neurodiversity.
2. To support children to understand ADHD and ASD
3. To recognise the challenges but to strongly highlight the positive attributes of a person with ADHD and ASD.
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| Slide | Key content |
| 1 | * Introduce children to the assembly and the ADHD Foundation.

The ADHD Foundation is a charity providing support to families living with ADHD, Autism and other learning difficulties such as dyslexia, dyspraxia, sensory processing disorder, executive functioning disorder, tics and Tourette’s syndrome. Children and adults are often misunderstood, stigmatised and experience mental health problems such as anxiety and depression. There are over 600,000 school age children with ADHD in the UK and over 60,000 children with autism. They are lifelong conditions that impact on education, employability and family life.* Introduce the umbrella project.

ADHD and Autism are ‘umbrella terms’ for a variety of difficulties. The name was chosen by young people working with the Foundation. It is also the name of our Comic Relief Funded programme of therapies for children and their parents. Children and young people at the ADHD Foundation wanted to raise awareness and challenge the stigma of what can be ‘invisible’ disabilities. They also wanted to tell their parents, teachers and potential employers that they also have many gifts, talents and skills to offer their communities. They believe every child has a superpower! |
| 2 | * Click image to open video on YouTube (NB: requires internet access) – Discuss last year’s project.

Children with ADHD and ASC in schools across Liverpool were asked to write what their Superpowers were on Umbrella’s. These Umbrellas were then displayed on Church Street (Next to Primark). People from all over the world came to see the Umbrella Project and it helped to promote what is great about ADHD and ASD. |
| 3 | What is ADHD? ADHD stands for Attention Deficit Hyperactivity Disorder. It’s a neurodevelopmental condition which affects a persons brain and how it develops.  |
| 4 | People with ADHD can find it difficult to …There are 4 core areas of difficulty for a person with ADHD. These include Inattention, Hyperactivity, Impulsivity and Executive Functions. These areas of difficulty make it difficult for children to:Manage their emotions, organise and plan their work/day, sit still, concentrate, not shout out in class, manage time etc.People with ADHD need support to manage these difficulties. |
| 5 | ADHD and me – Click image to open video on YouTube (NB: requires internet access) |
| 6 | What is ASC?ASC stands for Autism Spectrum Condition and affects social communication. There are over 700,000 people in the UK with ASD. |
| 7 | People with ASC can find it difficult to …ASC is a condition that makes social, communication difficult. A person with ASC can experience difficulties with reciprocal communication and social interaction. Someone with ASC finds it difficult to understand the meaning of words of gesture. They cannot express their thoughts and desires and it can be difficult for them to interpret the environment. They can often behave in unusual or unpredictable ways. A person with Autism will often engage in repetitive behaviours to help them to regulate themselves and make sense of the world around them. |
| 8 | Amazing things can happen … - Click image to open video on YouTube (NB: requires internet access) |
| 9 | People with ADHD and ASC are …Following on from the description of the two conditions it’s important to now focus on the positive attributes of a person with ADHD and/or ASC. Lots of emphasis on the strengths at this stage in the assembly. |
| 10 and 11 | People you may know …Discuss the people on the slides and their contribution to society and their field of expertise. |
| 12 | Michael Phelps – Click image to open video on YouTube (NB: requires internet access)Continue to draw on positives. Support children to recognise the achievements of the celebrities within the presentation. |
| 13 | Find your superpowerYou may wish to use this as an opportunity to plan a class based activity where all children recognise their superpowers. |