



04 Distinguishing the easily distracted and over active students

Definition

Easily distracted and over active means the individual power of concentration, energy capacity and self control all show a big difference when comparing with that of the children of the same age and at the same time, causing difficulties in learning and social contact.

Common Features found in easily distracted and over active behaviour

Very difficult to concentrate

- Unable to listen attentively
- Evade or refuse to perform long-concentration operation
- Often fail to finish the appointed task in time
- Unable to work orderly
- Often be distracted by outside interference

Too energetic

- Unceasingly restless, difficult to remain still
- Can never join any activity calmly and peacefully
- Too energetic, often move about
- Too talkative

Weak in emotion control

- Often interfere with people's conversation or activities
- Attack people suddenly
- Holding quite limited interests, always playing the same simple games

Teaching strategy and its principles

- It is best to make the simplest classroom decoration to lessen distraction
- Arrange the seats farther away from the window or doors but close to the teacher
- Try to make use of practical visual, audio and touchable teaching materials to help the students to concentrate
- Give very clear and precise prompts to help the students to distinguish the important message
- Give very simple instruction and only one item for every event
- Design a set of classroom regulations and awards & penalties with the students; establish a reasonable target for the students to accomplish, award the well behaved students and ignore the misbehaving manners; stop or isolate temporarily the student performing harmful demeanour
- Allow the students to have more chance to participate in classroom activities (e.g. answer questions or write on the blackboard)
- Should a student get distracted, approach him/her, touch his/her arm gently to remind him/her to pay full attention

Principles of parents' teaching

- Provide your child a stable mode of living
- Look straight into his/her eyes when talking to him/her
- Arrange him/her to learn in a peaceful environment
- More encouragement and less reproof
- When giving instructions to your child, make sure he/she is listening or following
- Do not give any new assignment before your child has finished the present one
- Arrange sufficient activities to help your child to exert his/her excess of energy to reduce inappropriate behaviour
- Ignore his/her inappropriate behaviour and distract his/her attention to avoid undesirable actions

Getting along together

- Understand his/her over active behaviour is not a deliberate action while accepting and tolerating it
- Take the initiative to make friends with him/her

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