

Support participation and confidence

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

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

Suggestions to increase confidence

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

Build the suggestions into your teaching practice.

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

14 September 2025

Link

inclusive.tki.org.nz/guides/adhd-and-learning/support-participation-and-confidence-2

Check learner' wellbeing



Source:

[Adreson](#)

<http://www.flickr.com/photos/adreson/3276163756/sizes/l/in/photolist-5Zvcm1-62coUH-62cVQw-63CvwC-63CvA7-63CvE9-64nKir-64Uj7k-68LbF9-69WAYM-6a3ATz-6aRR51-6d21Ce-6e6DCn-6evMi4-6feXAf-6qduJf-6sknau-6DLBJ9-6EU5MW-6Pw6W7-6ZTouA-77j9Te-7bCHZX-7hb2zy-7hHg82-7ieb>

[View full image \(363 KB\)](#)

Inclusive Education

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support participation and confidence](#)

Date

14 September 2025

Link

inclusive.tki.org.nz/guides/adhd-and-learning/support-participation-and-confidence-2

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.

Learners 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.

[Inclusive Education](#)

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support participation and confidence](#)

Date

14 September 2025

Link

inclusive.tki.org.nz/guides/adhd-and-learning/support-participation-and-confidence-2

Useful resources



Assessment for learning

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

Publisher: Ministry of Education NZ

[Visit website](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.