

# 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 learner' wellbeing
- Nurture self-esteem
- Useful resources

Inclusive Education

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support participation and confidence](#)

Date

23 June 2026

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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## Suggestions to increase confidence

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

Build the suggestions into your teaching practice.

- ✓ Ask ākongā how they like to learn.
- ✓ Use learners' interests and strengths as bases for teaching.
- ✓ Recognise and eliminate situations that ākongā may find difficult or embarrassing because of their physical or cognitive differences.
- ✓ Foster tuākana-teina relationships and create a class culture where ākongā support each other.
- ✓ Feedback success to parents and whānau.
- ✓ Recognise avoidance strategies and provide support and encouragement.
- ✓ Give ākongā 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.

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## Check learner' 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.

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.

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## 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

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