

# 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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