

Support social interaction

A suggestion for implementing the strategy ¹

Support self-regulation and positive behaviour ¹ from the Guide: [ADHD and learning](#)

Includes:

- Defeat stigma
- Focus on strengths
- Use buddy system supports
- Practice skills in sport and PE
- Provide quiet spaces
- Nourish friendships through learning

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Support self-regulation and positive behaviour](#)

Suggestion: [Support social interaction](#)

Date

30 August 2025

Link

inclusive.tki.org.nz/guides/adhd-and-learning/support-social-interaction

Defeat stigma

The best way to defeat stigma is for people to be open with each other.

An animated research interview of young people with ADHD from [ADHDVoices](#) project.



Video hosted on Youtube http://youtu.be/SvpNKjc_1pM

No captions or transcript

Source:

[ADHDVoices \(UK\)](#)

https://www.youtube.com/watch?v=SvpNKjc_1pM

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Focus on strengths



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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Use buddy system supports

Buddy systems such as **Tuakana-Teina** help learners to learn to communicate with others and build a sense of belonging through older learners modeling behaviours and support.



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Practice skills in sport and PE



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Ministry of Education | Te Tāhuhu o te Mātauranga

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Provide quiet spaces



Source:

[EDtalks](#)

<http://edtalks.org/video/creating-learning-spaces>

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Nourish friendships through learning

Pair the learner with ADHD with a consistent, supportive peer in low-pressure, shared-interest activities.

Activities may include:

- Building something together (e.g., LEGO, puzzles)
- Playing a turn-taking game
- Co-leading a simple task (e.g., handing out materials)

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