Attention deficit disorder with hyperactivity (ADHD): Concepts, diagnosis, types of ADHD

Transtorno de déficit de atenção com hiperatividade (TDAH): Conceitos, diagnóstico, tipos de TDAH

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ABSTRACT
Our work describes about ADHD, a neurobiological disorder that results from brain chemistry, showing three behavioral indicators: inattention, hyperactivity and impulsivity. This study aims to conceptualize ADHD, show how to find the disorder, starting from the diagnosis, the types of ADHD, the possible treatments applied, the attention of the family, relatives and friends, the school, the community where the student lives. ADHD and looks from government agencies.

Keywords: ADHD. Hyperactivity. Attention Deficit.

1 INTRODUCTION
The research problem of this article was: As the teacher is a novice in the classroom, there is a problem of adaptation, causing behavior problems in classes and reflecting on the assessments. Having as a guiding question Guiding question: As the teacher is a novice, will he have any problems adapting to the classroom? And hypothesis: If there are adaptation problems due to the teacher being new in the classroom, the class may have a relationship problem and will this bring difficulties in learning and assessments?
This research is justified because it is up to the novice teacher to propose to the class an understanding, dialoguing and talking to the class amicably and when it comes to imposing themselves, doing it with authority and respect for the class for good learning and an excellent assimilation of the syllabus, aiming the student to obtain excellent results in the evaluations, which should be adapted, according to the class.

The purpose of our article is to know more about attention deficit hyperactivity disorder, also known by the acronym ADHD, and how the professional of psychopedagogy should act in front of students with this pathology or even with a full classroom.

2 DEVELOPMENT
ADHD CONCEPTS

Before getting into the concept of attention deficit hyperactivity disorder (ADHD), we would like to open a parenthesis: “Where does the name come from?:

The American Psychiatric Association adopted the name “attention deficit hyperactivity disorder (ADHD)” in 1994, in his Diagnostic and Statiscal Manual. This name is now universally used and has replaced much of the British term “hyperkinetic disorder” (HUDSON, DIANA, 2020).

After these parentheses we want to highlight and cite the book "Specific Learning Difficulties", authored by Diana Hudson, as an excellent bibliography for those working in the field of psychopedagogy, pedagogy and even psychology, as well as anyone who may be of interest, a book edited by Editora Vozes in 2019, being republished in 2020 (ARGOLLO, 2013).

ADHD is a neurobiological disorder (brain chemistry). There is no cure, but people with such a disorder may well respond to medications, behavioral therapies, and lifestyle change. Because the psychopedagogist cannot pass or transcribe any medicine. Generally, the carrier of this pathology presents three behavioral signs: inattention, hyperactivity and impulsivity. But, if the patient's lifestyle changes, he will start to have a healthier life, interacting with other people, socializing without conflicts, enjoying nature, exercising, walking and with a good and light diet. Everything gets better. Eating fruits and vegetables, but if you are a teenager or adult you should avoid alcohol. Being important the presence of a treatment with a psychologist, psychopedagogue and a doctor to transcribe the medications (CRUZ, 2021).
We must remember that ADHD happens in the same family, having a genetic link, and it can be influenced by environmental factors or even by lifestyle. This disorder does not affect the individual's general intellect, but it can hinder the individual's progress, but if controlled, you can study, help parents with a job at a newsstand, clothing or jewelry store with the whole family supporting, supporting their studies, in community and family coexistence. The disorder studied has an intensity ranging from mild to severe, affecting 5% of children or young people and is the most common behavioral disorder in the UK. The person with ADHD may suffer certain specific learning difficulties, written with the acronym AED, such as dyslexia (the individual with difficulty with written language, having problems with reading, writing and spelling).

According to David Fulton, “dyslexia was defined as a difficulty in interpreting written language in an individual who does not have visual impairment, hearing impairment or intellectual disability” (WORTHINGTON, 2003). Additionally, he may suffer from autism spectrum disorder (ASD). Students with ASD usually have difficulties in interpretations, behavior and relationships, but in 2013 the diagnosis of ASD is based on social communication and interaction (HUDSON, 2020, p. 12).

ADHD sufferers have insomnia and anxiety: imagine a person with ADHD using a cell phone, games, computers and tablets too much? They forget about time, about doing school activities, many of them get dizzy and fall weak from using these devices so much, they forget to eat, drink water and even sleep. As a result, they fall into depression, laugh or cry and become disgusted with school, study and life. Having high rates of minors and young people who committed suicide. And the desire to run aimlessly as if lost, not knowing where you are, some and many play their anxieties on a football field (on the floodplain or on toys, in squares or parks). However, there are those who dump their anxiety in a pool and, after so much swimming, they become excellent swimmers, since they manage to focus their anxiety on the sport, starting to look the way towards the waters and manage to improve their behavior, traumas and pain physical and psychological (HUDSON, 2020).

THE TYPES OF ADHD

According to the American Psychiatric Association (2013), there is a persistent pattern for ADHD sufferers, inattention, hyperactivity and impulsivity. And, according to this same Association, it insists on inattention and/or hyperactivity-impulsivity, interfering with development at home and at school, affecting even more in social,
academic or occupational life, presenting symptoms before 12 years of age. THERE ARE THREE TYPES OF ADHD - ADHD predominates with inattention, being more diagnosed in women, especially in girls. -The most common mixed ADHD shows inattention, hyperactivity, impulsivity. It occurs more in boys. -Predominantly hyperactive ADHD is rarer.

In ADHD with inattention, diagnosed more in girls, it shows that the person is as if he lives in the moon world, in space orbit, and when the master asks a question, the young man is completely in the moon world, calling the room's attention and teasing laughter throughout the class. The laugh is bigger when she asks the teacher to repeat it, and says she doesn't know what the answer is.

Mixed ADHD is because the person has two behaviors, let's say, is diagnosed as inattentive and hyperactive or as inattentive and impulsive or even as hyperactive and impulsive, anything can happen. In the case of the inattentive person, he does not pay attention and is hyperactive, he does not stop, he is always in motion and with his thoughts on the moon. Popularly known as "astronaut thinking", "lunatic thinking", "Lunar", "totally flying" in the middle of the whole class. It flies stationary or precisely in motion, reminiscent of the old term hyperkinetic disorder. It just stays still when it gets tired.

ADHD, on the other hand, predominantly hyperactive is rare, as it is always accompanied by inattention and impulsiveness.

As for the negative aspects for those who have inattention:

-They are easily distracted.
-Has low ability to concentrate, jumping from one task to another.
-Focus problems.
-hear correctly
-Doesn't-Mistakes carelessly -They
-are disorganized
-Lose a lot of things
-Arrive late
-things
-Forget-Inattentive
-Strive but fail to complete activities.
HYPERACTIVITY

When they are seated they are restless and shake their legs, as well as being very distracted. In addition, during class, they leave their chairs a lot, get up and walk around the room. Are displayed, make faces and clowns. They talk a lot, do not remain quiet or still, it is difficult to relax. They arrive late and often forget about school supplies.

IMPULSIVITY

They scream in the classroom, very impatient, agitated, very angry, anxious, interrupt conversations or intrude in other people's conversations.

THE DIFFICULTIES OF STUDENTS WITH ADHD

Remembering details, keeping numbers in your head, focusing and maintaining attention, planning and organizing, not knowing how to prioritize or make decisions, not knowing how to estimate the time of a project, making decisions, not completing tasks, having great ideas, but not able to put them in practice, difficult to socialize and with tantrums.

POSITIVE ASPECTS

Great enthusiasm, innovative ideas, a lot of disposition, they are charismatic, they have different perspectives, they are engaging and fearless.

THE OLD ADHD TERM

“The old term attention deficit disorder (ADD) has now been replaced by ADHD-predominant-attentive. The front part of the brain (front lobe) controls our rational and logical behavior. It allows us to think before acting and learn from experience. It also enables us to inhibit certain emotional responses, modify our behavior and prevent us from taking risks that are reckless. Wolves are still the regions responsible for personality, goal setting, and planning. Brain cells communicate using chemical mediators, neurotransmitters. It has been shown that individuals with ADHD have less neurotransmitter activity than usual in the frontal lobe region. This causes more risk-taking, spontaneity and lack of concentration (HUDSON, 2020, p. 106).

HOW CAN I IDENTIFY A STUDENT WITH ADHD?

It is easier to identify students who are hyperactive and impulsive. They're probably the ones who can't sit still, scream in class, and are constantly demanding your attention. They may be brilliant, witty and innovative, but they always seem to be looking for attention and need constant discipline. They can become the class clown if they're bored, but they can still get angry and break out into a tantrum.
The inattentive type of ADHD, on the other hand, is much harder to detect. Students may appear a little oblivious and not listen properly when talking to them. They are disorganized and don't seem to absorb information very well. They may avoid difficult activities and feel they can't handle them.

Students with all types of ADHD generally want to do well and please the teacher, but have certain limitations in terms of organization or "doing things right." Your written work may be inadequate or incomplete, although they may have started with great ideas. Often, they can argue and fall out with their classmates, however this can be the result of harassment and teasing. Depression is a common problem among these young people, as they find it difficult to make friends and do well at school (HUDSON, 2020).

ADHD AT OUR HOME

Imagine you experience with a person who has a problem with inattention, hyperactivity and impulsivity. And the person being practically forced to live together because the grandmother died and could not live with the father. The boy tells his stepfather that he can't stand to live with his father, because he is an angry policeman, who shouts a lot at his son: “I want to live with you and my mother”. The stepfather seeing the child cry feels pity and accepts him at home. The stepson was consulted by a doctor at the Military Police Hospital, and should take controlled medication and undergo therapy with a psychologist. This professional ends up referring the young person to the psychopedagist, but during the consultations, he got irritated. The psychopedagogue used toy to have fun and play. The boy was irritated and not even the medicine controlled him: he tells the professional not to play games anymore, showing himself to be aggressive, hyperactive, impulsive and, often, a clown, laughing as he laughed. The doctor would give him a small text, but the child would not concentrate or control himself, getting angry and asking the father to leave soon. When he arrived at his stepfather's house, who begged so much to live with his mother, he wanted to be more than the man who took him in. The physically handicapped stepfather, muletante, retired professor, collector of university courses such as full licentiate, bachelor's and postgraduate studies in History, Pedagogy and Social Studies, being the laureate of the class and called by the coordination to teach at the university, did theology at the university. Recife Institute of Theology, created by Helder Câmara, aiming to be a priest, but due to the fact that he had no vocation, but had a family, he gave up and got married. He studied Philosophy up to the fourth term, taught in the State, was director of a public school and a teacher at the
Recife City Hall. Taking psychopedagogy, he noticed that the stepson had some ADHD factors, which are also presented in the mother, such as impulsivity, inattention and hyperactivity. Giving bad examples to aggressive children who do not respect the father, the mother being the faithful copy of aggressiveness. But when the father talks hard and gives the command, it happens. But knowing that each case is unique, that people are not the same, that each head is a world: that is one of the beautiful sayings we know and every action is different. It's very difficult to live with a person with ADHD, who stops studying, doesn't take the medicine properly, doesn't go to the psychologist's appointments anymore and the worst thing is that when we notice that we're in crisis, we don't obey, have no respect and when he is stepfather or stepmother he says several times, you are not my father, you are not my mother. This is said mockingly, in a high, provocative tone. When the person leaves the room, walks or runs to make fun of, without any respect for the parents, imagine the stepfather or stepmother. Worst of all is when the mother doesn't warn and the giggle increases.

When it's at home, it alleviates, but when it happens on the street or in offices? Parents are embarrassed. Once, the mother took him to the office and the boy did something, he didn't want to obey the mother's orders, mocked the mother and the lady threatened to hit her son, when she scolded him with a commanding voice, firm and strong, the child stopped. He slept a short time in a very comfortable chair. When you can find out early, having the monitoring of a doctor, therapeutic, psychologist and psychopedagogist is another thing. Because in the later stage or in adulthood, he is more controllable and manages to talk and obey his parents and guardians, the older ones, but when it comes to stepmother or stepfather, the relationship is worse.

When it comes to a stepmother, she thinks and says: “you are not my mother and you took her place”. The same happens with the stepfather who also suffers and everything will gossip with the father, including speaking ill of the stepfather, who always tries to maintain a good relationship with his stepson. He buys presents, gives money, cake, confectionery and everything else, but the child doesn't want to talk and, if he's big, the young man will fight, wanting to fight with his stepfather to see if he leaves the house and keeps dreaming of the parents' return. As if you are dreaming and playing with your imagination or thinking that that dream will leave the field of imagination to become real. If he's a child maybe think that way, but if he's an adult he'll play as a child or there's a child inside him or her very fed up with imagination. In any role, being a father, mother, stepfather, stepmother hardly suffers, does it have to have cockroach blood to not suffer?
Only in rare cases or when the child does everything that the doctor, the psychotherapist and the psychopedagogist offer, he gently requests after a battery of exams and use of medicines, if it is a mild ADHD it is easier, but if it is a heavy one and the person with ADHD is a stupid person, stuck up and difficult to get along with, like good slang: The animal will catch on, and the work of the parents and everyone will be more complicated. I didn't want and I don't want to be around with so much suffering and distress that it will be to convince this guy of the importance of the treatment.

DIFFICULTIES WITH EXECUTIVE FUNCTIONS

The person who has ADHD has to watch and learn from mistakes and prevent impulsive behavior. Imagine going through a task of comparing clothes from colonial Brazil to the present time, even if you show them, but you won't have the details, maybe the “ruffles” of the garments will draw attention. And a well-detailed cut of clothes the person with ADHD will do. And if it's an easy plus or minus count, one can do it, but what if it's with numbers, X, Y, Z in the same operation? We think it will be difficult, maybe with practice it will improve, if you have help and mild ADHD. Because, as already said, many start, but do not finish the proposed work and with the function of performing, they lose focus, the desire due to the distractions, games, laughter, the clown side of having fun and in everything wanting to play games and give thanks. No responsibility in the execution, you must enter the game as if everything were a real serious game, but all without going beyond the limits and getting into a real mess. The best definition would be a serious game in order to participate, do the task, occupy yourself, relate, learn from yourself and others how school and life were and is a true "serious game", where the important thing is interact, because education is social interaction, it is playing with others, knowing how to get to know each other and if it's going to sell for free. Can the person not know how to organize, plan, or what is to prioritize? We know several people who don't have the gift to play soccer, but with grace and a lot of fun can sell bananas at the fair or walking from house to house. I knew that I barely knew how to count, but I knew how to sell, while many doctors don't do it with shame. We remember the old popular saying: "who is not ashamed, there is nothing to be ashamed of", because all work is worthy, except stealing and corrupting and many do, observing the loopholes in the laws created by our blessed and accursed parliamentarians, aiming for its own benefits.
HELP IN THE CLASSROOM

The help of both the teacher and the participation of the class assistant is of paramount importance, helping, creating social contact, a true social and educational interaction, so that they feel supported and experience mutual help. See what a classroom is like with disorganized students, who delay the requested work, such as homework, which can be helped by the family, but leave the activity in the bag and are oblivious to the teacher's requests. Then there are reactions of indifference, some scream, others are silent, get out of their seat, disturb the class and wait for the teacher to finish the class soon and leave it to correct in the next class. The busy room made the teacher leave the correction of homework for the next class. Of course, it was a move made by the majority of the group who didn't do their homework and want to delay, postpone the correction. (HUDSON, DIANA, 2020).

HELP FROM THE FAMILY

The family has a fundamental role in the child's education, as it must take the child's hand and show the way of education, taking the child and talking along the way and showing the importance of studying in the child's life, because those who do not study while they are small will having a job problem and many who have given up studying will experience difficulties, so it must be shown that studying improves the lives of those who study, and that their family can in the very near future move from rented house to own house, which is the biggest dream of every working brazilian is to have a home, a corner, a place to call their own, the house is mine, I achieved it with great sacrifice, studying and working, day by day, Sol a Sol, to have a corner and sleep peacefully, without worrying about the rent on the house, that before the rent was due, the relatives of the owners of the house would knock on the gate charging, very loudly, where is the rent money? And the tenant responds, owner today is the 27th of the month, and the month is not over yet and the payment is on the first of every month until I complete a year and renew the contract or I'm going to look for another house. This is the reality of many Brazilians who do not have a home and join a government housing plan, the 'Minha casa, meu vida', 'Yellow Green House', others get financing and become indebted. The reality of those who do not study is much more difficult than those who study. I remember very well when I was the principal of a public school or even a teacher, a father who was a fruit seller would wake up every day at 5 am, he had 10 children, to go to CEASA to buy fruit to trade at the Largo de Dona Regina market, in New Discovery. And almost every
week I would find out about the children, how they were at school. A strict father who demanded study and religion from the family, they were from the “Assembly of God”. A hardworking man who wanted to study and work. But, without forgetting God, he passed religion on to everyone and nobody gave it to the marginal. We know a family united in the study and who had serious difficulties helped by another brother or sister with all the calmness in the world.

The participation of the family is very strong and for those who have it, it is the first basic social group, everyone came from a father and a mother, even those who were raised on the street came from a couple. And many who live on the streets suffer from the weather and lack of food, especially at this time of pandemic, where the prices of food products soared and cooking gas costing more than a hundred reais, it is very reminiscent of a television program, the Cidade Alerta, by the presenter Datena, “It's only ours, Datena!”. The poor are getting poorer and the rich getting richer. It reminded me of Dom Hélder Câmara, who always repeated this phrase, and because of the Dictatorship that persecuted the former archbishop of Recife and Olinda, who won the Nobel Peace Prize, but the dictator government of General Emílio Garrastazu Médici, did everything for Dom Hélder not be awarded the prize, but the European community has given the award for "Artisan of Peace" and Dom Hélder invested in improvements to Recife slums and regions (MARTINHAGO et al., 2021).

The family must take the child to the doctor, because in school and at home, there are many ADHD traits, such as inattention, hyperactivity and impulsivity. At school, the child is very inattentive while the teacher explains, the child is in the 'world of the Moon', he often talks to her and she does not notice the call of the person. In the case of hyperactivity, after a lot of insisting to sit down, the student sits and there are people who say: “this boy seems to have a stump in his ass and he can't stay seated.” In the impulsive way, it's because the child with ADHD acts impulsively, make the beams people in an impulsive way, that is, without thinking before acting, a person who gets excited in a game, in socializing with other children or teenagers who easily get irritated and enraged. With these behaviors, it is up to the family to take him to the clinician or psychiatrist who will give him a medication to calm him down, leaving him relaxed and not very sleepy, forcing him to take a nap to relax and stay calm without wanting to disturb anyone. Parents must command the child or young person, when giving them orders, do this, do that. Speaking loudly and looking into his son's eye. Do not hesitate, all this so as not to lose control with the child. If you don't want to give him some order, on a daily basis, try
to be more friends with his son, go out with him, go to the shopping center, the soccer field, the swimming pool, the theater. Enjoy leisure with your child, the two of you will be more friends, one will miss the other at the time of the trip that didn't happen, and one can call the other for a walk and enjoy life with more friendship and fellowship. And people will think, those who do not know, of course, will not believe that they are a father and children, perhaps because of their age, but realize that they are father and son in a relationship of father and brother love as if they were old or new friends. Together they laugh, tell jokes, talk about the past and the future, making plans to travel together with the whole family to enjoy family and social life (MARTINHAGO et al., 2021).

The presence of parents at homework time is essential, they should help the student with orientation, taking the book and opening it to the page and chapter that should be studied. First, reading aloud and step-by-step reading, explaining and guiding how the answer should be. You can ask if he found the answer and then the father or mother, or another family member, a brother/sister, cousin/cousin. Because if education is interaction in a small group, the thing flows, happens and in a little while everything will be resolved and the whole task will be done, completed with educational, family, group and social participation and interaction. See how a simple task with a child or teenager worked with sociology, interaction, pair, group and the social. In Pedagogy, the father or the mother as if they were taking the child's hand to study together, showing the path of knowledge. This is education, parents take experience and knowledge from within themselves. And if everyone is going towards knowledge, they are never doing one thing, but Philosophy, because they are discussing knowledge, thinking in order to arrive at true knowledge. Who would have thought that in a simple attitude of the father or mother, and some relatives, so many sciences and knowledge would be made and practiced. In a discussion that seemed to be silly, but very useful for education and other sciences. Because several knowledges were discussed and needed. Without thinking about the obstacles that occurred because the child did everything not to do the schoolwork, but after a lot of struggle, almost inglorious, the student sat down with the parents and performed the activity. But it took a lot of work to keep him focused on the study. But every now and then, he got up and made a point of answering whoever arrived at the door calling for the owner of the house. The parents were very didactic step-by-step, reading, looking with the child for the answers and asking him to write down the answers.
MOVEMENT DURING THE CLASS

There are many students who need to move because of hyperactivity, they move their arms, legs, they get restless, it would be good if their teacher suggested they have a "stress ball" or a piece of tissue always manipulating, pressing, less play on friends in the class. Messing with the “stress ball” helps in concentration, being the movement at the bench without much movement and leaving your seat (HUDSON, DIANA, 2020).

USE OF COMPUTERS

People who have ADHD really like to use the computer, there is interaction with the computer because it is technology that fascinates and helps a lot when it comes to making the work. And, many times, they seem like games and everything is pleasant and very good to perform the tasks. Once ready, the teacher can request a presentation with an explanation and a short debate. You can use an audiovisual visual equipment that helps a lot in self-esteem. Using the computer makes it easier because you can send the activity via email.

GROUP OR DOUBLE WORK

To have this type of activity, the teacher must suggest the roles for each member of the team. This avoids conflicts. The task should be broken down into small, achievable goals. Set a time to complete the task and keep reminding yourself how much time is left to finish. We must emphasize that the student with ADHD has great ideas, but they are difficult to complete, they have to make projects that are achievable and viable. The teacher has to keep an eye out for arguments or bullying.

If you have good behavior in the room and a job well done is to be congratulated, you can give instant praise and reward by giving stars or points. Be consistent when awarding, as there are other students in the classroom. Don't forget to acknowledge each student's progress and effort. Communicate to the student mentor, coordinator the successes obtained by the students so they can congratulate. And don't forget to remember your families for the works presented. Generally, parents are only called to solve their children's scoldings, but this time it should be communicated that the children didn't mess up, but made good presentations in their school work. The teacher should also remind the class of any interruption in the classroom, such as a person coming to visit the class. And everything that happens in the class has to be notified in advance so as not to take the whole class by surprise and avoid unwanted reactions from some student who likes to
overreact. The most important thing is to send a note to the parents or even call the absent students' homes to let them know (HUDSON, DIANA, 2020).

RESPONSIBILITY AND ORGANIZATION

Students with ADHD have a lack of self-confidence, but this is alleviated by giving them roles of responsibility. The teacher can pass a paper on older cars and the students will have an old car club. Doing other work for another group on the history of a football team in the city, the student should look for the football club's headquarters. You can do it with a volleyball, basketball or indoor soccer team. Os estudantes vão fazer essas pesquisas com responsabilidade (LOUZÃ et al., 2021).

Regarding the item organization, everyone knows that those who have ADHD have brilliant ideas, but when they go to organize to recite the task, they have to have a person guiding them, because that way they don't go out, the work isn't finished. This student is not good at organization, needing support from the teacher or a class helper. The assistant will help describe the proposed topic, suggesting that someone in the family visit museums, clubs, places that have something to do with the requested work. Just look at what Diana Hudson describes in her book, Specific Learning Disabilities:

“This is an area where students with ADHD will need ongoing support throughout the school term as they struggle to plan and meet deadlines. Individual guidance will be needed to help them develop coping strategies.”

Note that the ADHD student must have ongoing support to complete their assignments within the deadlines set by the teachers. When presenting the works, they will have individual support and guidance. The student goes alone to present in the classroom and is shy, fearful, should be guided to speak, staying calm, take a deep breath, read or explain what he read, don't be afraid of the audience, try to win this battle in life, which is shyness.

WORK CORRECTIONS

At the time of correction, observe the most relevant things, the stories of the visits were good, if they think about returning to the visited place and finding out from them what drew the most attention during the visit. See the focus of literary creation, correct the content of each work, be flexible, then comment with the whole class on the criteria you adopted for correction, avoid worrying about handwriting and spelling. Make a positive comment on each group's participation and engagement. And to show that there
was no dispute between the teams, but that the whole room was attentive to each presentation, with participation at the time of questions and few doubts, showing that there was indeed an educational, social and group interaction. Few interventions of shouting, there was an expression of applause, smiles, but no boos.

BREAKDOWN AND SNACKS

This time should be well looked at, as many students find it tiring and without anticipation of what might happen, no one knows how to predict in social situations, the relationship of many small groups in a given place can generate fights and arguments. The bad jokes can provoke insults and arguments followed by kicking and aggression. Hence, the importance of many adult people as teachers, advisors, classroom assistants. Employees must be aware of any movement of fights and, above all, bullying. The good thing would be for these young people to participate in extracurricular activities, such as: being a member or attending a social club to get along better, playing, swimming, playing sports. Visit and participate in a museum, library, dance class, music, etc. The good thing is to make people move, participate, interact, socialize to discover the real meaning of life and what is the true gift.

PHYSICAL EDUCATION CLASSES

They must face that every young person has excess energy to burn and good of all this is a football field, a very popular sport that almost everyone knows the rule, we usually hear: "let's hit a game". If possible, at recess, we'll talk to the guy who takes care of the field and the locker room so he can clear the football field. Those who don't want to play soccer go to the playground to play and have fun. Go swimming, running, judo and so on.

Swimming is a good sport to activate the body, it requires strokes and thrusts. Can you swim without much seriousness to race for a championship or dispute so fierce that it leads to the podium? No. You don't need that, but if you have internal school competition it's good to prepare for the Olympics. And the race? You have to be in good physical condition and undergo a battery of medical exams before practicing. Like all sports, it must be scrutinized fully in advance.
PERSONAL, SOCIAL, HEALTH AND HYGIENE EDUCATION CLASSES OR TUTORING.

**personal education classes**

Every person has his personal characteristic, that is, individual. It has likes, wants, needs, joy, sadness, anger, kindness, affection, hate, forgiveness, satisfaction, dissatisfaction, all human characteristics. But one is essential, acceptance, accepting yourself as you are, as you came into the world, beautiful, beautiful, ugly, disabled, homosexual, lesbian, it is up to society to accept every human being the way he is with his physical defects and a great majority that have no defects at all. But from all this, the subject is a human being, social and for bullying, which according to Google: “is a systematic and repetitive practice of acts of physical and psychological violence, such as intimidation, humiliation, name calling, aggression. The practice of bullying usually occurs in a school environment and can cause serious harm to victims.”

When this large internet communication company defines bullying as brutal acts of physical and psychological violence, it is as if you said enough, respect all human beings. Imagine if the world were made of a single color, it would be horrible: the world is good because it is multicolored and plural. Physiotherapy helps with human pain, but in some cases it can cure, improve, but it is important to alleviate human pain and after trauma caused by an accident, fights, riots, demonstrations and so on.

**Tolerance**

Google defines tolerance as a feminine noun, 1) The act or effect of tolerating; indulgence, condescension. 2) Quality or tolerant condition. And it shows two similar words, we say synonyms, the words are condescension and benevolence. But let’s see this beautiful word tolerance as an act or a great acceptance with respect. Tolerance is knowing how to respect the way, dress, walk, speak, act. No verbal, physical or psychological aggression. But it seems that man as a social being wants to destroy the other man. Just remember the figure of Hobbes, who said that man is the wolf of man himself. It’s true, because he wants to go over it as if he were crushing the other with a deadly machine, simply with the will and greed of having everything and getting the that the other has, through taking everything easy, stealing, corrupting, overthrowing the person after many years of study and work, wanting to be like someone else. Theft is a disgusting thing, useless attitudes, who want everything easily. Being tolerant is knowing
how to respect what others have and what they got with sweat, it's called tolerance of the other.

**Anger Control**

Anger can happen momentarily, being momentary, it happens and passes. But, there is anger that kills, it can certainly turn into a sick hatred and lead to a heart problem, stroke and leave the person disabled. The good thing is not to listen to everything or take everything seriously, be playful and relax in life. But a person when he has ADHD when he is angry can go up to him and attack him fiercely; without thinking, attacking to hit the victim. As if he were being hit by a non-thinking rage, being enveloped in hatred. In every classroom and/or other environment, individuals must be aware of a quick attack from one person to another person or several people. Throwing a bomb indoors with a big party, dancing or school full of people. It was an “outbreak”, an anger mixed with hatred towards someone, others or oneself. A true act of madness, which, with a simple certificate, takes him out of prison and put him in treatment, according to the Laws of Brazil, and after taking a battery of exams and verifying that it is not "madness", but an unthinking act, monitored by the staff Health, after verifying that it was an outbreak, the more sober individual can return to social life. A good thing is to respect everyone and especially those who have ADHD, because like any other individual deserves extra respect, special, for having impulsive characteristics, and no one knows what could happen, a fire, injured people, shooting, running and deaths. We should avoid playing meanly and know how to respect in a special way those who have Attention Deficit Hyperactivity Disorder, having the acronym of ADHD. But, many schools do theaters and dramatizations in the classrooms and in the school's own theater as a means to intuitively and simply work for each person to know how to deal with human anger and not go into the aggressiveness of wanting to hurt, hurt and kill another.

**Friendship, generosity...**

Friendship is living together as true friends in the good hours, on a day of joy, plenty, drinking, fraternizing. As well as being a friend in a time of pain, illness, disappearance and/or death. A good friendship is like a brother, there are people who think it is better for a friend who comes for a hug, to extend his shoulder in times of difficulty. There are already brothers for knowing you too much, they come to criticize, offend and say, this happened because you didn't study, but the person may not have
studied, but it is unrolled, takes the wheelbarrow, after coming from CEASA and will sell on the street and at the fair, your product is never short of money, it may be little, but you can live, because money moves, comes in every day and circulates. And the individual has achieved a decent and honest means of work. Friendship is knowing how to point out the mistakes of friends in a light, subtle way and without harming the human person. And the human being, however thick he is, wants affection, solidarity, to be respected as a human being with all the attention in the world and another human feeling called generosity, kindness in dealing with the other being, nobody wants to be mistreated, let alone a child with ADHD, which is often alien to a class, is alien to life, as it has indicators of inattention, hyperactivity and impulsivity. People like everyone want affection and good treatment, translated into good Portuguese by the word "friendship", good and fraternal that helps and pushes forward, puts joy in each one's life, smile, peace and tranquility. Never forget to be considerate with these special people as people, making them increasingly independent, playful, happy, living and increasingly seeking happiness through true, good, healthy friendships, where the relationship is experienced with attachment to good causes, to the pleasure of travel, meet new friendships that bring the greatest and most pleasurable good that is happiness, the pleasure of feeling good and useful in life.

**Body language and social communication**

For the ADHD student, it is very good to do physical exercise using body language such as ballet that uses the body by opening your hands, throwing yourself in the air safely if you don't get hurt, rolling in the sand, using an appropriate place so as not to get hurt. The practice of the hula hoop exercise, playing in the arms, rotating and passing the hula hoop to the other partner. Rhythmic gymnastics is ideal for those who want to express themselves through the body to improve physical performance. Also with the theater you can express your whole being. In mime, the student will express themselves through funny gestures that use their entire body to walk and gesture. This makes the person develop and enter into social relationships with the members of the group. And helps a lot communication, the fear of relating and not living alone, hiding in a room at home, but we must socialize, interact with people to seek social knowledge to have more life experience. Because every relationship in the community, in the family, at work or in any group, we acquire more and more life experience. The will to live and relate socially enriches us as a human person, acquiring experience in our life. This highlights
communication and relationships as a way to communicate and interact with facts that occur in any social group, in your community and in your city. To find out is to try to find out about the things that go on in the world, not being oblivious to social life, but is experiencing communication, as it is very reminiscent of a television communicator, the Pernambuco native called 'old warrior, the Chacrinha', baptized José Abelardo Barbosa de Medeiros, who was born in the city of Surubim, on September 30, 1917 and died on June 30, 1988, worked on radio and television, his great phrases are: “On television, nothing is created, everything is copied”. But, the greatest phrase of the old Pernambuco warrior was: “Who doesn't communicate, gets trumpeted”, because for Chacrinha who doesn't communicate “getting bad”, because the good thing about any social relationship is that you communicate to learn about social facts and global (HUDSON, DIANA, 2020).

**Bullying**

It has already been dealt with before, but here it is always worth emphasizing as a fact or a bad thing such as cursing, imitating, teasing and giving a nickname. Those who do not care or pay attention to these malicious and evil facts that harm the human mind of being who are torpedoed of abuse and jokes to denigrate the image of someone in a social group do well...

**Depression**

A person unwilling to achieve, because he lost the courage to do everything, we as parents must develop in our children attitudes of animosity, that is, courage, have soul, strength, determination to live and carry out school and life tasks, such as activities of walking, running, making the person reborn every day when he wakes up, saying good morning and encouraging dreaming, because life is made of dreams and goals, and from these dreams come the achievements and achievements that have moved us since the day we we are born. For those who don't have dreams and goals, don't want to be and have something, just sit around waiting for something to happen, we shouldn't think like that, we should fight, because there is no glory without sacrifice, because life is an eternal fight on Earth to stay alive and to stay alive is to seek every day a fight for our goals in life. From the simplest way of buying a new outfit, to having a house or even taking the ENEM, to go to College and during the course stay strong, studying hard not to fail, but fighting for the dream of having a college degree and a profession (HUDSON, DIANA,
2020). Now let's look at an account of a person with ADHD, taken from Daniel's Story in "The boy from hell: life with a child with ADHD" with the kind permission of author Alison Thompson.

“When most people get angry, they can choose to explode – go into a dark tunnel – or go out, change direction and look for another way to go. For me, the trails lead straight to the tunnel, there are no detours. It's dark, it's dingy and bad things happen. After I cool off, I get really upset because I didn't want anything bad to happen, but there was nothing I could do to stop it.”

Daniel, the boy from hell, speaks out of anger, there are people who think about exploding, entering a dark tunnel, extinguishing the flame, changing direction and looking for another path to walk, but the paths lead straight to the tunnel. There are no detours, it's dark, it's gloomy and bad things happen. Anger makes us want to explode, we don't know where we are going, there is doubt in the walk, everything is dark and it seems that it will never end, I have to extinguish the flames of anger and find another way to walk with this anger, but after I cool off, I get upset that something bad doesn't happen, but I can't stop. We often find ourselves lost when we are struck down by a moment of “anger”, in some the pressure goes up and we have to be rescued to the emergency room to avoid a stroke or heart attack. And take exams, check the pressure; we find ourselves lost in an agony caused by anger, the heartbeat accelerates, there is nausea, dizziness, headache, wanting to vomit, but the greatest desire is to get there soon and alive, half passed out but struggling to stay alive and get to recover from this terrible provocation by a sad and terrible anger, which can kill and leave a person disabled forever. In my years of life I had the displeasure of experiencing the facts of rescued people and not returning to their homes. Sadly sorry for all family members, relatives and friends. (HUDSON, DIANA, 2020).

EVIDENCES

To take the tests for ADHD students, there must be extra time, rest breaks, use of technology, being able to use tablets, computers, having a separate room, exclusive for tests, away from distractions, allowing the student to move freely, that is. helps in concentrating and calming down. You should avoid places near the noise of music, even if the music is beautiful, as long as it is quiet music, but generally any music can interfere with your concentration, the good thing is a calm, quiet room with a lot of silence and answer every test in the best possible way. tranquility. An inner peace must be had at the time of taking the test, as it is a preparation for life and for school life. If one day a student
in this class taking the test has greater intentions of taking a contest, it serves as a training game for the very near future, because everyone grows in size and age and also wants to grow in life, to have a profession and Attention Deficit Disorder with Hyperactivity, brings inattention, hyperactivity and impulsiveness, presents itself in a strong and light way, but it has treatment and strict adherence to all medical prescriptions, of the personnel of Psychology, the Psychopedagogist and the teacher specialized, you can study ahead, do any higher education course and exercise a desired profession, just follow the guidelines of the experts, take the entrance exam, graduate and practice the profession you want, because nothing prevents when there is a desire, aimed at conquering the profession and the life improvement. It is to focus on the desire to study, research, read, visit museums, libraries, visit reading offices. It's all about being willing and believing that everything will happen, as an autistic person has already won a Nobel Prize in Mathematics.

HOW IS ADHD TREATED?

Let's see what Diana Hudson says in her book, "Specific Learning Difficulties", editor Voices:

“How is ADHD treated?”

“ADHD is a medical condition. Therefore, the child's general practitioner or pediatrician must monitor the student's treatment. Here, I will only briefly mention current trends in treatment.

Medications (neurostimulants) are often prescribed, as they can improve concentration by increasing brain activity in the frontal lobe region. This produces calmer behavior and greater focus, allowing the student to concentrate and learn.

Cognitive-Behavioral Therapy (CBT) has also been shown to be useful, as it teaches students to recognize symptoms and deal with their behavior.

Controlling diet and reducing sugar intake have been shown to help keep children calmer in some cases, but the evidence is not conclusive. Food colorings and additives may also be involved. Relaxation techniques can help.”

Parents should look for a general practitioner or pediatrician and tell how the boy is behaving at school and has three behavioral indicators: inattention, hyperactivity and impulsiveness, which the doctor is responsible for diagnosing. After verifying that it is ADHD, he should be accompanied by the Psychopedagogist, aiming to improve his behavior and carry out activities in the classroom. The doctor will prescribe medicine to calm you down and to increase your power of concentration, and from there, go back to your school activities, attending classes, copying, doing classwork together with classmates and having a normal life, going for recess, participating in the jump rope,
soccer or even sitting in a chair talking with friends. As a controlled disorder, the child can and should perform all of their normal activities at school and in their community. If in this one, you are part of a football team, there is more to play, as interaction is very good for those with ADHD, you have to participate and relate, no more being stuck at home, the more you participate in groups, the better. Imagine participating in the neighborhood football team, indoor, volleyball, going to church participating in the choir and youth group? The person grows and learns a lot in social relationships, it is much better to get into social contact, as it is in relationships that you learn and experience group life. Everything is valid to get to know and communicate, you stay well informed and then get the hang of being a leader, influencing and not getting carried away by false promises from leaders who want to manipulate the youth, whether on a floodplain team or a youth group from the community or church you attend, where food is collected to donate to the poor and guide you to always look for the neighborhood medical center, with a view to getting all the vaccinations and for the whole family. And remember to have a good diet and always drink water so you don't get dehydrated. All this is necessary for health, in addition to good cleaning and hygiene for the family. How good it is to be active and participative in the community, to study to seek knowledge is to have the will to grow and develop in life, aiming to finish high school, go to a University or Faculty, looking for a profession and in the future a good competition and craving a job profitable. Everyone needs to dream and the person who has ADHD has the right to dream, they are people and this disorder does not prevent them from dreaming, seeking a dignified life for the person and their family. Just wanting and chasing achievements, victories, dreams. One dreams, imagines, fights, prioritizes the dream and runs in search of what is achievable. It's dreaming and going to fight, no dreaming and sitting around waiting for the dream to arrive. We must achieve our goals, building a good educational base, from nursery school until reaching a university, completing and continuing with a postgraduate, master's, doctorate. Remembering that it all starts with a dream that needs to be built, every day to be watered like a plant (ARGOLLO, 2013).

WHAT CAN BE DONE?

The Encyclopedia on Early Childhood Development, funded by the Maria Cecília Souto Vidigal Foundation, São Paulo, published in 2020 on Attention Deficit Hyperactivity Disorder:
Attention Deficit Hyperactivity Disorder (ADHD) is a neuropsychiatric disorder characterized by a level of agitation, impulsiveness, and constant and atypical developmental inattention that harms the child from early childhood. Children with ADHD experience more school problems than their classmates due to their neurocognitive impairments and their behavior. ADHD is often associated with deficits in executive functions (planning, paying attention to important details, and curbing your impulses). As a result, children diagnosed with this disorder are more likely to have learning or language difficulties.

A call from those who have ADHD called our attention because they have difficulty doing functions to perform any work such as planning, if you think about doing a task, it is difficult without knowing how to plan, organize an agenda to perform the work or even make a simple work schedule who would help in the execution of the work, he has no patience, gets nervous and abandons the service, it is of utmost importance to have someone around to guide and help, as he will have a lot of difficulty in life without guidance, because he cannot do it alone, not to be, as it has already been said, a person to always guide and guide the path of carrying out the tasks. And when it comes to paying attention to the details of a decorative piece or even making clothes? The agitation and impulses should hinder any work you can do, unless it is work with details, and there must be someone around to help you, You have to be very patient, because for light work where there should be no thoroughness in dealing with the achievement, the person with ADHD can perform it (ARGOLLO, 2013).

In the same Encyclopedia on Early Childhood Development, we describe the diagnosis:

In general, ADHD is diagnosed and treated in school-age children. However, the presence of symptoms of hyperactivity, impulsivity or inattention during the preschool years is considered essential in establishing the diagnosis. Direct observation of the child may suggest the diagnosis. But even the most symptomatic child can be calm and attentive in an environment that he is not used to, such as a doctor's office.

How important is the family's participation in taking the child to the doctor and describing symptoms, attitudes, actions and aggressive behaviors when they want something, crying, kicking, hitting something to draw attention and seeing if the adult gets upset and gives in to give what he wants, like blackmailing the person, just to get his attention when you give in and give me what I want.

We will now see the doctor diagnosing in the same text mentioned above:

Therefore, assessments should focus on the child's behavior history at home, at school, and when playing, from early childhood to the day of assessment. A typical clinical interview provides the opportunity to discuss how the parents responded to the child's difficulties and to identify which strategies worked and which failed. The assessment should not be limited to ADHD symptoms. she
should also investigate the symptoms associated with ADHD that can manifest, such as anxiety, mood disorders, and behavior problems. Parents are not always aware of how stressful situations can upset their child; therefore, an interview conducted directly with the child can be an important part of the assessment. Concomitant disorders are an aspect of treatment and their presence can alter the effectiveness of therapy. Many clinicians find the rating scales completed by parents and teachers to be helpful in the diagnostic process, as a way to get a description of the child's behavior that can be easily compared to norms at that age. Some children with high levels of agitation, inattention, and impulsiveness have medical problems or developmental delays that should be identified during evaluation. Children with learning problems can be symptomatic at school and when doing homework because they have difficulty with the subjects. Others may manifest symptoms only at home, suggesting a social, environmental or parenting-related problem. It can be very difficult to identify children who have specific learning difficulties in the doctor's office. As a result, a consultation with an educational psychologist can be very effective in gaining a complete picture of a child's strengths and difficulties.

INTERVENTIONS

Stimulants (such as methylphenidate and RitalinTM in various forms of preparations, whether immediate or long-acting, play an important role in the treatment of ADHD. More recently, non-stimulant medications have come onto the market, such as atomoxetine, which also play an important role in treatment. These medications can help a large number of people with ADHD by improving their attention span, controlling their impulses, and reducing their activity level. Intensive behavioral interventions that involve a combination of self-management training for the child and parenting strategies for the parents are also an effective method. Positive parental attention, rewards for appropriate behavior, and negative consequences for bad behavior (eg, prohibiting children from playing with their favorite toy) are recommended procedures in behavioral treatments. Teachers can also adopt similar strategies in the classroom. The available evidence indicates that the best interventions are those that combine medication, behavioral interventions and school programs focused on behavior and learning. These treatments must be intensive and long-lasting to achieve optimal results. Direct training of cognitive functions, such as working memory (the ability to store and manipulate information in short-term memory), has shown promise as a potentially effective intervention. Some children show improvements in behavior when certain foods are cut from their diet, although it remains to be seen whether this effect is widespread. Training the brain's electrical activities can also improve the alertness and behavior of certain children. That said, an important issue regarding these treatments concerns the generalization of their beneficial effects in diverse contexts. More research needs to be done to analyze the factors (individual and contextual) affecting treatment outcomes to improve their long-term benefits for children and in different contexts. (Encyclopedia on Early Childhood Development).

At the end of the chapter of her book, Diana Hudson makes a small conclusion in her summary about ADHD, saying that it is a medical condition, which affects the behavior of children and adults, showing the characteristics of inattention, hyperactivity and impulsivity. Hyperactive ADHD happens more in boys and less in girls, it shows that the therapy method needs to be dynamic and multisensory, but in the organization and planning it needs help, in relation to group or pair work, tasks should be short and easy.
to execute and to administer. Teachers must be clear about the standards. There must be a global attention in support of the ADHD student, family, school and society in general.

3 METHODOLOGY

Our work was based on bibliographic methodology, which consists of researching through books, newspapers, writings, etc. In bibliographical research, you must choose the theme, delimitation of the subject, make the research project, justification, general and specific objective, development, conclusion and bibliography. But there are other models and ways to carry out bibliographic research like the one that the professor ordered us to do. The bibliographic survey is important to raise research material, as it is always good to go to the files, because we should not only rely on memory. (BASTOS, CLEVERSON, VICENTE, 2017). Descriptors: Disorder, Brain, Inattention, Hyperactivity, Impulsivity. Inclusion and exclusion criteria: Texts from books in the last 5 years, published in Portuguese, as well as Google within the theme were used. Data analysis all within the literature of the subject described. Diana Hudson, Lakatos, Diogenes Gusmão, Early Childhood Encyclopedia, Cleverson Bastos and Google.

4 FINAL CONSIDERATIONS

In our work, we answer the hypothesis of the difficulty of working with ADHD, but it is possible when the teacher has a postgraduate degree in Psychopedagogy, even though he is new to the class, he works with students, parents, community and school. The thing is for the benefit of learning.

Our work on Attention Deficit Hyperactivity Disorder had as its base book, "Specific Learning Difficulties, practical ideas for working with various difficulties", including ADHD, ASD, Dyslexia and others. The author is a teacher of students with difficulties for more than 20 years., advises schools and teachers who also deal with these students.He was president of the SENCO Organization (Special Educational Needs Coordinator) Diana Hudson's book was edited by Editora Vozes, in 2019, with second edition in 2020. The second basic text of the work was taken from the Encyclopedia on Early Childhood Development, sponsored by the Maria Cecília Souto Vidigal Foundation, São Paulo, 2020. And finally the book on Scientific Methodology by Marina de Andrade Marcone and Eva Maria Lakatos, 2019, edited by Editora Atlas.
REFERENCES


