Attention Deficit-Hyperactivity Disorder
ADHD/ADD

Leader Training

Created as part of "Girl Scouts for ALL Abilities" Gold Award
Project by Alyssa Lee
Girl Scouts of North-Central Alabama

girl scouts greater los angeles

Consultant:
Susan Lee, Special Ed. Teacher
Shelby County Schools

Training Guide Contents

This training guide is intended to support troop leaders in providing the best Girl Scout experience for girls of all abilities. If you have a scout in your troop or service unit who have ADHD/ADD, this training guide will:

- Define Attention Deficit-Hyperactivity Disorder
- Explain difficulties your scout might encounter during meetings, outings, and overnight trips.
- Provide a list of strategies, techniques, or equipment that will assist you in providing the best Girl Scout experience for a scout with ADHD/ADD.
- Provide a list of other resources that might be helpful.

Create a Welcoming Girl Scout Troop

Every scout brings unique strengths and energy to the group. By providing structure, flexibility, and opportunities for movement and engagement, troop leaders can create an environment where scouts with ADHD feel successful, included, and valued.

What is Attention Deficit-Hyperactivity Disorder?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a developmental condition that affects attention, impulse control, and activity level. Some individuals may primarily experience challenges with attention (sometimes referred to as ADD), while others may have more noticeable hyperactivity and impulsivity.

Scouts with ADHD may have strengths such as creativity, energy, enthusiasm, and the ability to think in unique ways. They may also experience challenges with focus, organization, following directions, or regulating behavior.

ADHD looks different in each individual, and many scouts are successful with the right supports and structure.





Impacts of ADHD/ADD

ADHD can affect participation in troop meetings, activities, outings, and overnight trips in a variety of ways.

A scout with ADHD may:

- Have difficulty staying focused during group activities or discussions
- Act impulsively, such as calling out or interrupting
- Have a high level of energy and need opportunities to move
- Struggle with organization, following multi-step directions, or completing tasks
- Become easily distracted, especially in busy or noisy environments

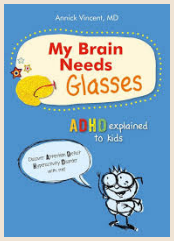
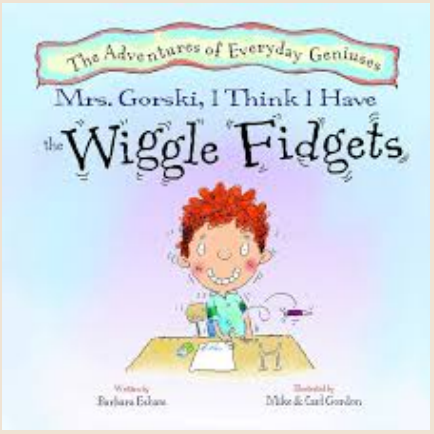
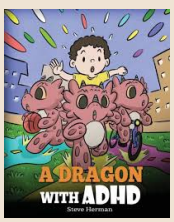
During meetings or outings, long periods of sitting, waiting, or unstructured time may be especially challenging. However, with supportive strategies, scouts with ADHD can fully participate, lead, and succeed.

How to Help Mitigate Challenges Realated to ADHD/ADD

In order to provide a scout with ADHD equal access to being a Girl Scout, here are some helpful strategies:

1. **Communicate with the scout and her family** to understand her strengths, needs, and supports that are most effective.
2. **Provide clear, concise directions** and break tasks into smaller steps when needed.
3. **Incorporate movement and active participation**, such as hands-on activities or opportunities to stand, stretch, or help.
4. **Use visual supports and reminders**, such as checklists, schedules, or cues.
5. **Keep routines predictable**, while preparing the scout for transitions and changes.
6. **Minimize distractions when possible**, such as reducing background noise or providing a quieter workspace.
7. **Use positive reinforcement and encouragement**, focusing on effort and success.

Additional Resources for Leading Scouts with ADHD/ADD

Books	Video Links	Websites
My Brain Needs Glasses; ADHD Explained to Kids by Annick Vincent  (Children's book)	 What is ADHD? (Children's Resource)	 Practical Tips for Supporting Children with ADHD (Adult Resource)
Mrs. Gorski, I Think I Have the Wiggle Fidgets by Barbara Esham  (Children's Book)	 Let's Talk About ADHD (Children's resource)	 5 Tips for Children with ADHD (Adult Resource)
A Dragon with ADHD By Steve Herman  	 Cultivating Compassion for the ADHD Child (Adult Resource)	 Benefits of Outdoor Play in ADHD (Adult Resource)

Conclusion

The Girl Scout experience should be accessible for girls of all abilities. If you need additional support to help with inclusion, please contact your local service unit or council.



Girl Scouts for ALL Abilities

Gold Award Project, 2026