

The Gold Standard Guide for Turning Your Bright Kid into a Brilliant Success in School and Life Dr. Edward Hallowell

"Kids are not looking for the easy way out. They're looking for the right way in."

When imagination lights up

Kids bring enough fear into the classroom on their own, so instead of adding more, we need to build trust and encourage them. The old-school, fear-based methods don't work anymore. When you create a space high on trust and low on fear, kids blossom.

Learning should feel like play, where imagination sparks and curiosity leads. Ask open-ended questions that don't have simple answers, like "Where does a circle begin and end?", or "Why do we get born?" In particular, "Why did your brother get born?"

It's not about memorising facts anymore. Al can handle that. What's irreplaceable is creativity and thinking outside the box, which is exactly where ADHD minds thrive. Great ideas happen when you're relaxed, not when you're forced. So, we want classrooms to be fun, trusting places where fear doesn't hold anyone back. It's good for ADHD, but honestly, it's good for every kid.

Unwrapping gifts

I believe that what truly matters in life isn't just fixing what's wrong but building on what's right. You don't build a life on remediated misery; you build it on developed strengths. And that's where the focus needs to be—on what a child can do, on the sparks of talent and interest that we see in them. When we recognize and fan those sparks, we help children grow into their full potential.

Creating the right environment is crucial. A learning environment should be high on trust and low on fear. And once they get rid of fear and experience some degree of mastery, the motivation follows naturally. When kids feel safe, they're willing to take risks and stretch beyond their comfort zones. The key is to find the right level of difficulty—where they're being challenged but not overwhelmed. It's that sweet spot where they're struggling a bit, but not so much that they want to give up.

