

## **Abstract**

Title

Art Therapy in children with ADHD

**Objective:** To provide a comprehensive overview of ADHD and the effect of Art therapy on children. To propose and verify in practise new Art therapeutic activities for children with ADHD, based on theoretical and practical information. Casuistry of five children and the possibility to affect their behaviour, and to improve their attention through art therapy. To focus on how to avoid bad behaviour patterns and how to develop good behaviour patterns.

**Method:** The test group consisted of five children with ADHD from the elementary school Integrál designed for students with learning disorders. Direct and structured observation of this group of children in the ages of 12 to 14 during theme-focused Art therapy sessions. An analysis of individual Art therapeutic sessions. An analyse of drawings.

**Results:** The thesis proved a positive effect on children with ADHD. The theme and contents of Art therapeutic sessions were the factor that obviously influenced the children's behaviour. The personality of the therapist and his personal relationship to individual children was also important. The behaviour and self-acceptance of the observed children improved. After five months of therapy, there was a positive change in social communication of children among themselves and most of them also calmed down more and were able to concentrate better. All the Art therapeutic techniques were able to stimulate fine motor skills in the observed group of children.

**Key words:** ADHD, ADHD/ADD, hyperactivity, impulsivity, attention, Art therapy, empathy creativity, self-evaluation, consideration, fine motor skills.