

Abstract

Title: Verification of an individual approach to children with ADHD

Objectives: The main objective of this work is to determine whether an individual regular, physical wellness program will have a positive impact on children aged 9-14 years suffering from behavioral problems.

Methods: Children diagnosed with ADHD were selected for research. The diagnosis was made both a physician and school psychologist. Children were evaluated by two psychological tests - Trail Making test, and Numeric test square. Teachers and parents were also interviewed, whereas the International Classification of Diseases was used. After the examination there were regularly carried out twice a week, relaxation exercises and games for a period of seven months and not longer than 30 minutes. After a period of seven months, there was made the same diagnosis, and case studies drawn.

Results: The tests showed that the relaxation exercises did not improve the symptoms of hyperactivity, impulsivity, or inattention. Yet, in my opinion, they had a positive impact on children.

Keywords: Hyperkinetic syndrome, ADHD, relaxation exercises, impulsivity, inattention, hyperactivity.