

Getting back into the swing of things can often be taxing on the mind, body and spirit. SEDNET would like to share a couple of websites in hopes it will assist you, the teacher or parent of a child who may or may not be diagnosed as Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD).

The website [www.add.about.com](http://www.add.about.com) has powerful and useful information about adults and children with ADD and ADHD. Find information on how to motivate your teenager, the many faces of ADD, and access the Tough Love Support Group as well as many other informative articles.

The website [www.specialed.about.com](http://www.specialed.about.com) is a great website for Special Education resources, articles for how to deal with ADD/ADHD students and adults, Autism, Behavior Disorders, Dyslexia and Discipline, just to name a few. This site focuses on students with various disabilities.

Parents and Teachers- do you need information on and how to prevent bullying? Check out [www.lfcc.on.ca/bully.htm](http://www.lfcc.on.ca/bully.htm), [www.nobully.org.nz/advicep.htm](http://www.nobully.org.nz/advicep.htm), and [www.nobully.org.nz](http://www.nobully.org.nz).

Do you know how to prepare for a test? Do you freeze-up when you take test? Here is a website that may help you <http://www.southwestern.edu/academic/acser-skills-teststr.html>

Need some crafty ideas for class and home? Try some of the art activities on [www.kinderart.com](http://www.kinderart.com)

Here is an example of what you'll find

### **OOLICK**

Mix 2 parts cornstarch and 1 part water, it turns into a solid, but when you touch it, it becomes liquid. It is a great sensory activity and easy to clean up.

Helping Children Achieve Their Best

<http://www.nasponline.org/resources/toolkit/index.aspx>