



Co-funded by
the European Union



TOGETHER



TOGETHER

TOGETHER WE CAN Course

Project Number: 2024-1-CY01-KA210-ADU-000253720

Trainer's Guide

Module 6: Healthy living: Nutrition, Physical activities & Sleep

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



1. Welcome to the TOGETHER WE CAN COURSE!

1.1 Purpose of the Trainer's Guide

The TOGETHER Trainer's Guide has been designed specifically to support and streamline the delivery of the Course developed in the context of the TOGETHER WE CAN project. The Course constitutes a 2-day course, a total of 16 hours of training. Furthermore, the Trainer Guides include examples of exercises and group activities, questions that should be asked during the trainings and more.

2. TOGETHER WE CAN TRAINING FOR TRAINERS

2.1. Learning objectives

With the completion of this unit, learners will be able to:

1. Explain how nutrition, movement, and sleep influence ADHD symptoms and emotional regulation.
2. Apply practical, age-appropriate strategies to support healthy habits at home.
3. Teach children with ADHD how to participate actively in their own healthy routines.
4. Maintain consistency and motivation using structure, predictability, and positive reinforcement.

3. TOGETHER TRAINING CONTENT

- Module 1: Building Daily Routines & Time Management
- Module 2: Communication & Instruction Techniques
- Module 3: Homework, Learning & Concentration Strategies
- Module 4: School Collaboration & Advocacy
- Module 5: Emotional Regulation, Behaviour & Social Inclusion
- Module 6: Healthy living: Nutrition, Physical activities & Sleep



Module 6: Healthy living: Nutrition, Physical activities & Sleep

Duration: 90 min

Recommended Time	Learning Activities/Advice for Trainer	Materials	Resource
15 min	<ul style="list-style-type: none"> • Welcoming the learners • Icebreaker: Before starting this presentation, the trainer should be smily and non-verbal communicative. This presentation is designed to give scientific information through each case-study as an interactive experience. Confirm that the TOGETHER WE CAN Project is a European funded project designed to help parents/guardians of children with ADHD to overcome common challenges within ADHD children and equips them with the knowledge and tools to foster greater social inclusion for their children. <p>Primary goals:</p> <ul style="list-style-type: none"> • Define the topic of Module 6 • Give the Training Methodology • Share Educational Program and Material for Parents/Guardians of Children with ADHD <p>Delivery Tips:</p> <ul style="list-style-type: none"> • Maintain eye contact and positive body language. • Reasure audience’s understanding. 	<p>Video-projector: To display PowerPoint slides</p> <p>A welcoming flipchart paper/ slide</p> <p>Slides 1 to 3</p>	<p>Introduction – Learning Objectives</p>



	<ul style="list-style-type: none"> Adapt to the audience—read the room and adjust if learners look disengaged or confused. 		
20 min	<p>Unit 1 Nutrition and ADHD</p> <p>1.1 Explain to the learners why Nutrition is important in ADHD. Nutrition does not “cure” ADHD, but it supports the brain’s ability to regulate itself. For children with ADHD, <i>when</i> and <i>how</i> they eat is often as important as <i>what</i> they eat.</p> <p>1.2 Go through the different Practical Strategies Parents Can Use</p> <p>1.3 Explain what parents should avoid doing in this case, and demonstrate the given checklist as an example of a tool that parents can use for assessing progress.</p>	<p>Video-projector: To display PowerPoint slides</p> <p>Handouts and Flipcharts as required</p> <p>Video-projector</p> <p>Slides 4 to 5</p>	<p>Unit 1 Subchapters:</p> <p>1.1. Why Nutrition Is Especially Important in ADHD</p> <p>1.2. Practical Strategies Parents Can Use</p> <p>1.3. Things to Avoid</p>
20 min	<p>Unit 2: Physical Activity and ADHD</p> <p>2.1 Explain why Physical Activity Is Essential in ADHD and how it helps children</p> <p>2.2 Different Practical Strategies Parents Can Use</p>	<p>Video-projector: To display PowerPoint slides</p> <p>Handouts and Flipcharts as required</p> <p>Slides 6 to 7</p>	<p>Unit 2 Subchapters</p>
20 min	<p>Unit 3: Sleep with ADHD</p> <p>3.1. Why Sleep Is Often Difficult in ADHD</p> <p>3.2 Practical Strategies Parents Can Use</p> <p>Go through the parents Tips for Consistent sleep</p>	<p>Video-projector: To display PowerPoint slides</p> <p>Handouts and Flipcharts as required</p> <p>Slides 8 to 10</p>	<p>Unit 3 Subchapters:</p>
15 min	<p>Facilitate the activities and exercises based on the selected case studies*</p> <p>Refer to the Case Study materials and exercises in Module 6.</p> <p>Present the case study, allow time for discussion, and then ask the questions/</p>	<p>Video-projector: To display PowerPoint slides</p> <p>Handouts and Flipcharts as required</p> <p>Slides 11 to 14</p>	<p>X2 Case studies and exercises</p>



	exercises for the learners to answer. (Individual and group learners)		TOGETHER
5 min	General conclusion and short session on potential questions or remarks.	Discussion	Conclusion

Responsible Partner: I-PAIDI