



Me  
HAT



# In Their Shoes

An ADHD Simulation Experience  
for Parents and Educators

Schedule an appointment  
today! Call Christine at  
[614-600-0212](tel:614-600-0212)



## Program Overview

In Their Shoes is an experiential 90-minute workshop that immerses parents and educators in the daily challenges faced by children with ADHD.

Through carefully designed simulations, participants step into students' experiences, developing deeper empathy, understanding, and practical insights for creating supportive environments.



## What Participants Experience

The workshop features **four rotating 15-minute simulation modules** that target core ADHD challenges:



Module 1: Attention  
& Distractibility

Module 2: Following  
Multi-Step Directions

Module 3: Working  
Memory Overload

Module 4: Time  
Blindness



# Module 1

Attention & Distractibility

## The Impossible Focus Challenge

Participants experience firsthand the exhaustion and frustration of maintaining attention in an overstimulating environment with escalating distractions.



# Module 2

Following Multi-Step  
Directions

## The Vanishing Instructions

Participants discover how multi-step instructions "disappear" from working memory, revealing why children with ADHD struggle with seemingly simple directions.



# Module 3

Working Memory Overload

## The Mental Juggling Act

Participants experience cognitive juggling and discover how holding multiple pieces of information simultaneously causes critical details to "drop out" of working memory, making even easy tasks impossible.



# Module 4

Time Blindness

## The Invisible Clock

Without access to time cues, participants discover how impossible it is to gauge remaining time or prioritize effectively, experiencing the authentic panic that students with ADHD feel when time "disappears."



# Why This Approach Works



**Traditional ADHD education tells parents about symptoms. This workshop lets them feel what their children experience.**

By creating authentic struggle and frustration, **participants develop genuine empathy** that transforms their understanding.

The carefully designed debriefs help parents **connect simulation experiences to their child's daily challenges** at home and school.



## Key Outcomes

Visceral understanding of ADHD challenges beyond intellectual knowledge.

Recognition that behaviors stem from neurological differences, not defiance

Increased patience and compassion for children's daily struggles

Practical insights into effective accommodations and support strategies

Stronger advocate skills for school and home environments