



Teaching the Restless: One School's Remarkable No-Ritalin Approach to Helping Children Learn and Succeed

Chris Mercogliano

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Educator Chris Mercogliano has been working with hyperactive (ADHD) children for many years at the Free School in Albany, New York, and has developed numerous ways to help these students relax, focus, modulate emotional expression, make responsible choices, and forge lasting friendships-all prerequisites for learning. In *Teaching the Restless*, Mercogliano uses the stories of six boys and three girls to share valuable lessons, offering a way to work with these children without assigning them labels or resorting to the use of stimulant drugs like Ritalin.



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