

SUPPORTING STUDENTS WITH ADHD



SAY WHAT YOU MEAN

- Use short and direct sentences
- Provide clear step by step directions and expectations both verbally and in writing
- Repeat, repeat, repeat
- Provide visual cues and reminders

ENCOURAGE GOOD BEHAVIORS

- Write expectations somewhere visible in the classroom
- Use positive reinforcers and intermittent reinforcers
- Make sure reinforcers are as immediate as possible



SET A CLEAR ROUTINE

- Write the schedule on the board and erase things when they're complete
- Give 5 minute, 2 minute and 1 minute warning of activities ending
- Use a tracker or daily report card
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MINIMIZE DISTRACTIONS

- Help students identify what is distracting to them and make a plan with them
- Flexible seating and placement - is by the teacher helpful or distracting?
- Use timers

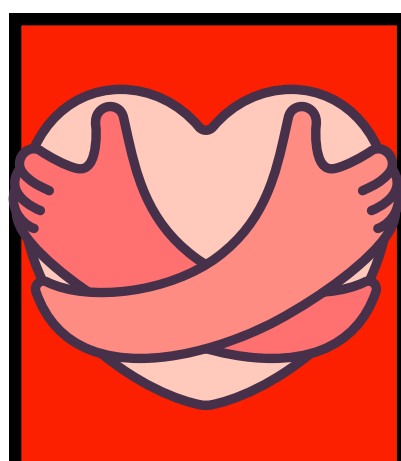


GRAB THEIR ATTENTION

- Turn off the lights and use a flashlight to highlight important information
- Use silly graphics and encourage students to create their own that demonstrate concepts
- Incorporate student's interests into the lesson
- Use current events

SELF-CARE IS ESSENTIAL

- Use break cards
- Incorporate physical movement
- Teach emotion regulation
- Encourage creative and expressive outlets

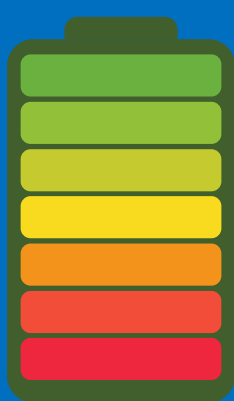


Classroom Strategies

For Students with ADHD

ACCOMODATIONS FOR ORGANIZATION

- Use a row leader where one student in each row makes sure everyone wrote down homework or important details
- Color code binders for each academic subject
- 3 hole punch assignments in advance

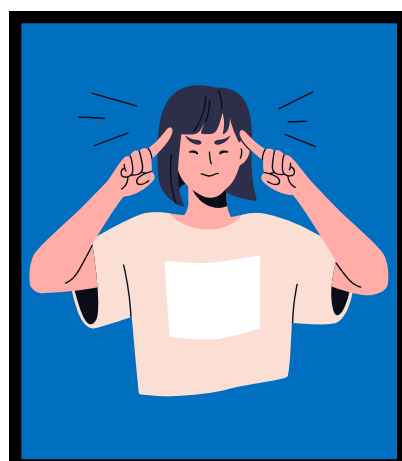


ACCOMODATIONS FOR RESTLESSNESS

- Have students run "errands" for you
- Flexible seating
- Use fidgets
- Incorporate movement breaks between activities
- Never take away recess as a consequence

ACCOMODATIONS FOR FOCUS

- Break work into smaller sections or strategies or use strategies like the Pomodoro Technique
- Use clear verbal redirections like "1, 2, 3, eyes on me" or "freeze"
- provide visual cues for important concepts



ACCOMODATIONS FOR INTERRUPTING

- Ignore minor behavior problems
- Provide immediate positive reinforcement for desired behaviors
- Use trackers or progress notes home
- Differential reinforcement

SOCIAL SKILLS ACCOMODATIONS

- Give them a leadership role or assign special responsibilities
- Plan teacher-directed group activities
- Encourage small group work with a common goal
- Set up positive social interactions with peers

