

HELPFUL STRATEGIES FOR STUDENTS WITH ADHD



ORGANISATION

- Provide a predictable routine with a clear learning expectations, activities, and/or student checklists.
- Try to maintain an uncluttered and organised learning environment.
- Give visual warnings for transitions (such as a countdown clock on the SmartBoard).
- Give time guidelines for work.
- Have strategic desk placements away from distractions.
- Create a quiet workstation for independent work away from distractions with organisational supports.
- Pair student up with a peer with good organisation and study skills.
- Set short, achievable goals.
- Use colour coding or visuals to support organisation.

BEHAVIOUR MANAGEMENT

- Have simple classroom rules on display with visuals to support understanding when required.
- Give specific praise. "Well done for finishing 3 questions!"
- Give immediate praise or consequence clearly linked to behaviour.
- Praise effort as well as work produced.
- Give frequent feedback and regular checkins.
- Allow time for frequent movement breaks.

INATTENTION

- Provide alternative interesting tasks with less exciting tasks.
- Provide subtle fidget tools for students to utilise, but ensure they're not disruptive to student learning.
- Break long activities into shorter chunks with movement breaks/brain breaks in between.
- Vary types of tasks where possible. For example, quiet independent tasks followed by group discussions followed by a movement task and then back to a calm task.
- Keep task instructions on display, with visuals, when needed.
- Use headphones during quiet independent tasks with soothing music.

IMPULSIVITY

- Minimise waiting times where possible, and give students an activity while waiting.
- Give quick, non-confrontational feedback when a student shouts out.
- Give lots of reinforcement for positive behaviours.
- Use visual prompts as a reminder of expected behaviour.

HYPERACTIVITY

- Use a wobble cushion, swivel chair or weighted blanket.
- Use fidget tools during listening activities. Provide clear instructions on usage.
- Give brain breaks between activities.
- Do stretching/exercise throughout the day, where possible.
- Vary types of tasks. Provide physical movement tasks, relaxing tasks, noisy tasks, quiet tasks, etc.
- Chunk tasks into shorter pieces. Provide students a checklist to complete when each section is complete.