

Poor or Disruptive Behaviour

Frame all rules positively – tell students what you want them to do, rather than what you don't want. For example, instead of saying "No messing around when you come into class", say something like "When you come into class, sit straight down."

Reward good behaviour and give them a reward to aim for.

Children with ADHD need regular reminders of the classroom rules so set clear targets for behaviour and re-cap them at the end.

Build a positive relationship with the student.

Becoming Restless / impulsive

Give students frequent movement breaks. This could be by allowing them to hand out books or sending them on an errand.

Build physical task into your lesson where the student will be able to move around more freely.

Some students find fiddle toys helpful.

Use eye-contact and hand signals to show what you need them to do.

Allow the student to stand in class if appropriate.



Difficulty Focusing

You should sit the child with ADHD near to you – this will help you monitor if they are on track. You could also sit them in an area with few distractions, such as away from doors and noisy students. Provide a quiet space for tests.

Reduce distractions by using blank pieces of paper to cover all but one of the questions on a worksheet.

Create worksheets and tests with fewer items, give frequent short quizzes rather than long tests, and reduce the number of timed tests.

Say the student's name before each instruction to re-gain their focus.

Difficulty with Organisation and Time Management

Create daily class routines and stick to them.

Break down big assignments into smaller pieces with more deadlines.

Show what a completed project looks like before the student begins.

Establish clear starting points for tasks rather than just giving a due date.

Use visual timers so that the student can see how long they have.

TEACHING STRATEGIES FOR ADHD

Difficulties with Working Memory

Recall strategies are primarily verbal; they are used to help a student retrieve previously learned information from memory. To reinforce the steps in a task, the teacher can model the steps aloud; this will help the student to remember the sequence. A written review of these steps later will provide added reinforcement.

Present concepts in a variety of different ways, using visual aids that allow encoding.

Provide memory aids and visual supports such as flashcards / images.

Keep new information brief and direct; repeat it concisely.

Activate previous knowledge, making connections to other concepts.

Difficulties Managing Emotions

Acknowledge that you understand how they are feeling.

Give students a 'time out' card that they can use and provide them with a quiet, safe space that they can go if they are feeling angry or overwhelmed.

What is ADHD?

ADHD stands for attention deficit hyperactivity disorder. It is a medical condition. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. Those with ADHD may also have additional problems, such as sleep and anxiety disorders.

Some Symptoms of ADHD

- Impulsiveness
- Disorganization and problems prioritizing
- Poor time management skills
- Problems focusing on a task
- Trouble multitasking
- Excessive activity or restlessness
- Difficulties with working memory
- Low frustration tolerance
- Frequent mood swings
- Problems following through and completing tasks
- Easily irritated
- Trouble coping with stress
- Constantly changing activity or task
- making careless mistakes – for example, in schoolwork
- Being unable to stick to tasks that are tedious or time-consuming

Other Tips

Vary the pace and include different kinds of activities. Many students with ADHD do well with competitive games or other activities that are rapid and intense.

Have an unobtrusive cue set up with the student who has ADHD, such as a touch on the shoulder or placing a sticky note on the student's desk, to remind the student to stay on task.

Test students with ADHD in the way they do best, such as orally or filling in blanks.

It can be important to educate other students about ADHD and its effects. Consider allowing the child to get involved in the explanation and tell other students what it's like.

It's incredibly important that you establish a strong working relationship with the student's parents. They know their child better than anyone and are a valuable source of information about which strategies do and don't work.

Create schedules, outlines, lists, and/or a homework assignment book to help the student keep organized as well as to increase home/school communication. Tape a copy of the class schedule to the child's desk.