



## ADHD or attention and concentration difficulties



- Use of timers.
- Use of visual timetables.
- Now and next board.
- Access to quiet space/movement breaks.
- Seating in the least distracting place in the classroom – reduce environmental distractions.
- Write a plan with simple stages before you start – tick as they complete them.
- Focus the child's attention on relevant aspects of the task by: highlighting key words, colour coding.
- Remove any unnecessary copying.
- Uncluttered worksheets.
- Short, chunked tasks and instructions.
- Reduced access to manipulatives to avoid overload.
- Encourage child to be self-aware of what helps and hinders their attention and focus on teaching self-regulation.
- Clear rules, routines, direction and expectations.
- Extra time for tests – rest breaks.
- Use a computer to type work.
- Notes to be photocopied and annotated.
- Focus on positive behaviour (eg: look at the paper rather than don't look over there).
- Keep verbal instruction brief and clear.
- When they first come into the classroom in the morning or after playtime - give them time to settle down.
- Praise them for their effort and for trying.
- Have good eye contact before giving an instruction. Get the child to repeat them back to you.
- Allow child to draw or doodle while listening.
- Summarise at the beginning and end of a lesson.
- Use visuals to aid memory.
- Use a variety of teaching styles – hands on learning; group work; discussion; movement.