

Quick 3

**A
D
H
D**

1

Routines

Having a schedule for the day helps a lot to keep focussed.

Keep routines each day so that they are the same. If there are changes to be made, then give plenty of notice.

Use timers or verbal cues to help a student see how much time is left for an activity.

2

Limit Distractions

Sitting at the front of the room and away from doors and windows can help reduce distractions. Minimise the number of students at the same table.

Try to keep away from visual clutter and noise as much as possible, although some people may like to have some white noise or soft background music to help them focus. This could mean using headphones if it is distracting to others.

3

Written Plan

In schools the student should have an IEP if they have ADHD. This will help each teacher to understand specific strategies for that student. Read it and refer back to it frequently.

Having a written plan that encourages positive behaviour is also helpful, to have close by on their desk or on a wall to remind them of what the expected behaviours are.