

# Are You ADHD Aware?



## Provide Structure and Organisation

A predictable classroom routine and visual supports, which have colour, symbols and/or photographs, can support a child or young learner with ADHD.

Visual timetables, checklists for learning activities and counting down strips, as well as timers for transitions between activities or times of the day, can help reduce anxiety.

Verbally rehearsing the school day or part of the day can also help alleviate any concerns, as it gives learners the opportunity for discussion and to prepare for the day ahead.



## Find a Safe Place

Agree on a space or an area that the young person can go to if they feel overwhelmed, anxious or need time out from the learning environment. Rehearse this strategy with the young person and allow them to use the space when they need it. Build in movement breaks or times to regulate within lessons.



## Vary Activities

Using a variety of learning activities (calming, sensory, auditory, visual and kinaesthetic) that incorporate different learning styles can increase the engagement and focus of young people with ADHD. Provide short, achievable activities with regular movement times too.



## Praise the Positive

Use positive reinforcement to model required behaviours and to give specific praise, such as, "Well done on following instructions during breaktime" or "You listened really well during the maths lesson today, thank you." Rewards should be short-term, personal and motivational for the young person.



## Teach Regulation Strategies

Ensure learners have a range of strategies to use at times of stress or when they may be reaching crisis point. These may include deep breathing, attention training, using sensory objects or materials specific to the young person.