

Are You ADHD Aware?

Provide Structure and Organisation

A predictable classroom routine and visual supports with colour and symbols/pictures can support a child or young person 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 day with young people who experience ADHD can also help alleviate any concerns, as it gives them an opportunity for discussion and to prepare for the day ahead.

Teach Calming Techniques

Teach several calming techniques that the young person can use at times of stress, such as deep breathing, attention training, using sensory objects or materials specific to the young person. Encourage them to use these techniques when required and to recognise the signs when they are reaching crisis point.

Find a Safe Place

Agree a space or 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 'calm times' within lessons.

Praise the Positive

Use positive reinforcement to model required behaviours and to give specific praise, such as, "Well done on following instructions during break time." or "You listened really well during the maths input today, thank you." If using rewards, keeping them short term and agreeing some criteria with the young person themselves can be helpful.

Vary Activities

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

