



Sample Accommodations For students with ADHD

Suggestions for in the classroom:

- Students will benefit from short lecture periods and have opportunities to “turn to a partner” and teach what is going on. This will help to keep their mind active.
- Hold onto a stress ball or koosh ball to assist with giving them something to do so that they are not fidgety.
- Have them repeat back instructions given in class
- Sitting in the front of the classroom is often helpful. Please note that if the child does “attention getting” behaviors, it is best to place him/her in the back of the room.
- Have a timer on their desk for independent work time. Tell them to complete homework during this time. This activity will give them a focal point
- Specific praise for all times that the student stays focused
- Provide extra responsibilities for them. This will help them to take ownership for the classroom and help them to feel that they are working with the school and that school isn’t being “done to them.”
- Provide students with fun enrichment activities if they finish an assignment early.
- Take the time to coach the students on thinking through an activity. Have them look at consequences before they act. This needs to be gently and specifically taught as it often does not come naturally to these kids.
- Gently coach social skills such as the “personal space bubble.”
- Give them choices as often as possible.
- Because children with ADHD are often very intelligent, it is usually best to speak to them as if they are older. In this way they feel respected for their viewpoints and perspective.
- Break longer assignments into smaller parts
- Use visual-spatial teaching techniques such as visualizing and verbalizing to help students hold information in their memories.
- Sometimes doing two things at once helps students to focus. For example, doodling while listening to a lecture or having music playing.
- Take time to coach social skills.
- Teach positive thought vs. negative thought. Many students with Attention Deficit have a “negative tape” playing in their head. Teach students specific ways to combat this.
- Keep the pace moving!
- Portray a belief that you know they will succeed.

Suggestions for at home:

- Set a timer during homework time for each assignment.
- Give 10-15 min. breaks between assignments.
- Give lots of praise when assignments are accomplished.
- Never give more than two things to do at once. Have the student repeat back any directions given.
- Help the student break larger tasks into smaller ones. (For example, instead of saying, “Clean your room.” Have him make a list or draw out several of the tasks that he must complete in order to clean his room...place clothes in hamper, put toys on shelf, hang posters, etc.)
- Music(without lyrics) while studying often helps them to focus.
- Gently coach social skills such as the “personal space bubble.”