
TIPS TO HELP STUDENTS WITH ADHD IN THE CLASSROOM



Here are a few strategies teachers can use when teaching children with ADHD

1. Consistency is key

Ensure that you set rules in the classroom that are clear and concise. A child with ADHD needs to know exactly what your expectations are and what is needed of them. It would be helpful to put up classroom rules on the wall or where it can be easily seen. You could also stick the rules on the student's desk as a constant reminder. It is also important to ensure that the child understands each classroom rule.

Teachers should be flexible, follow a clear routine, be consistent and provide a variety of activities.

2. Rewards and frequent feedback

Having rewards put into place for positive behaviour increases the child's motivation. You can use star charts or tokens to reinforce appropriate behaviour. Remember to change up the reward/ reinforcer to avoid the child losing interest or motivation. It is of vital importance to provide frequent feedback to the child throughout the day. This way you letting them know when they are engaging in positive behaviour and when they are not.

3. Schedules and lists

Create a structured schedule for the child, therefore he or she can prepare and plan the day/ week ahead. Making to-do- lists is also a great way to keep the child on task and organised.

4. Physical Activity and short breaks

Children are known to focus better after engaging in any physical activity. If you notice that the children are becoming a bit restless and focusing less, try have them do some stretches, a yoga pose, jogging on the spot or any exercise they can do in class. Children with ADHD find it challenging to sit for long periods at a time. You can provide short breaks by giving your child classroom job such as erasing the chalkboard, organising the reading corner or running an errand.



“ Sometimes the things your students need most, has nothing to do with what’s on your lesson plan.”

5. Minimise distractions

Children with ADHD tend to get distracted very easily. Make sure that the child is seated away from the door and windows. The most suitable place would be closest to you or in front of the classroom. This way you are also able to keep a close eye on the child throughout the day.

6. Adjust the workload

If you find the child finds it challenging to sustain his/her for a long duration, try dividing the class working into small sections. By setting smaller goals the child will find it less overwhelming and is more likely to stay motivated.

7. Support

A child with ADHD might need extra support in the classroom with certain tasks. Place the child next to a peer that would model good behaviour and give support. Have the teaching assistant also check in with the child from time to time.