Facts About ADHD



Visual timetables or checklists may help us stay focused during lessons.



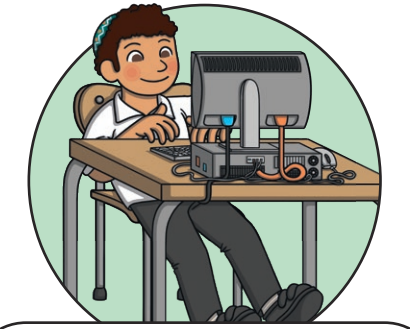
We may need time and space to regulate our emotions.



Give short and clear instructions for us to follow.



Break down tasks into small manageable chunks.



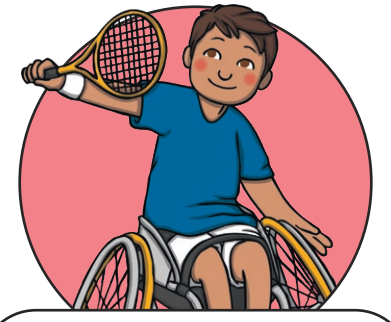
There may be some activities that we find easier to focus on than others.



We may prefer to be told in advance about any changes to the school day.



We may need support in organising our belongings.



We may find movement breaks helpful to self-regulate.

Disclaimer: Every learner's needs are different and so the recommendations in this resource may not be suitable for every learner. It is for you to consider whether it is appropriate to use these classroom strategies within youThe indicators mentioned are not an exhaustive list, if you are concerned about a learner please seek advice from the SENCo.