

ADHD Tips for Teachers

1. Rules and instructions should be brief and visible to the student at all times. Post the rules in different locations in the room. Also, leave the walls relatively free of other items.
2. ADHD students respond very well to rewards. Rewards should be given immediately. Rewards should also be varied since students with ADHD will become bored and less motivated if the rewards are always the same.
3. Students should be notified when a transition is about to occur. This includes changing subjects or classes. Give the student the rules for transition time, and have them repeat the rules back to you. Also, let the student know the rewards and consequences of behavior before transition times occur.
4. Protect the ADHD student's self-esteem. Correct them in private. Also, do not tolerate any teasing or bullying by classmates.
5. Have a relaxation exercise for the whole class after lunch and recess.
6. Use non-verbal cues that only you and the student know to let them know when they are off task.
7. Permit fidgeting or "wiggle worm" behavior.
8. Do not send incomplete classroom work home as homework.
9. Never withhold recess or isolate a child from their class during lunchtime.
10. Incorporate hands-on learning into your curriculum. Students with ADHD love to learn by doing.
11. Give a child with ADHD a leadership role in the classroom, such as leading the line to the lunchroom.
12. Give a child with ADHD a task, such as taking papers to the office to give them a break from the classroom.
13. Classroom adaptations for ADHD will also help other students learn in a more effective way.