



Quick Tips for Supporting Students with Attention Deficit Hyperactivity Disorder (ADHD)

Tip Sheet

Educators play a critical role in supporting students with ADHD by creating environments that promote focus and success. This guide offers practical, evidence-based strategies to help students with ADHD thrive in your classroom.



Key Facts About ADHD

Fact 1: ADHD is a neurological condition that affects attention, impulsivity, and self-regulation.

Fact 2: ADHD presents in different ways—some students may struggle with hyperactivity, while others may experience inattentiveness or a combination of both.

Fact 3: With appropriate support and strategies, students with ADHD can achieve academic and social success.



Evidence-Based Instructional Practices

Practice 1: Break assignments into smaller tasks and provide frequent check-ins to maintain focus and monitor progress.

Practice 2: Incorporate movement breaks or opportunities for physical activity throughout the day to help manage hyperactivity.

Practice 3: Use timers or visual cues to help students stay on track and manage time effectively.



Positive Behavior Supports

Support 1: Implement a reward system that encourages goal setting and reinforces positive behaviors, like completing tasks or following instructions.

Support 2: Establish clear expectations and consistently follow through with consequences to help students understand boundaries.

Support 3: Provide immediate and specific feedback to help students understand the connection between their actions and outcomes.



Accommodations for Students with ADHD

Accommodation 1: Allow for flexible seating options, such as standing desks or fidget tools, to help students manage physical restlessness.

Accommodation 2: Provide extra time on tasks or tests, recognizing that staying focused may take longer for students with ADHD.

Accommodation 3: Use graphic organizers or outlines to help students organize their thoughts before starting a task.



Time Management and Focus Strategies

Strategy 1: Teach students to use organizational tools like planners or apps to manage assignments and deadlines.

Strategy 2: Set up a quiet area for independent work to minimize distractions and help students maintain focus.

Strategy 3: Use visual schedules or task cards to break down the day and guide students through transitions smoothly.



Building Social Skills

Skill 1: Facilitate structured peer interactions through cooperative games, helping students practice turn-taking, listening, and sharing ideas.

Skill 2: Incorporate social scripts to teach appropriate responses in common social situations, providing students with a guide to navigate interactions more confidently.

Skill 3: Use small group discussions or partner work to encourage collaboration, while offering gentle prompts to keep students engaged and respectful of others' input.