



Gunthorpe Primary School

Supporting pupils with ADHD.

1. Use a visual timeline so that the pupil knows what they are meant to be doing right now and what they will need to do next.
2. Use a timer to provide a visual cue for how long to do something for.
3. Break work times into a series of short bursts punctuated with breaks that offer opportunities to move. Try to offer a variety of short, varied activities.
4. Offer flexible seating arrangements; allow standing up to work, changes in seat or sitting on the carpet. A 'wobble cushion' or under the desk leg exerciser can be really helpful.
5. Limit distractions: offer the use of a privacy board to limit visual stimuli.
6. Structure playtime so that the pupil has a defined purpose with lots of opportunities to let off steam.
7. Provide a range of sensory tangles or fiddles for the pupil to use during teacher talk.
It is important that this is part of a sensory diet.
8. Offer support for planning tasks and organisation: photographic or written checklists, flow charts and writing frames can be really useful.
9. Develop a special signal so that the child knows if they are interrupting too much and/or upsetting others in the classroom.

10. Offer frequent, specific praise/instant rewards for the positive behaviours that you see. Personalised reminders of expected behaviours should be in view at all times.

11. Break instructions into small steps. A 'talking tin' could be used to record them so that the child can play them back as many times as is needed.

12. Ask the child what works for them.

