

Accommodations for Students with ADHD:

1. Timer – set a ringing timer to structure tasks in short bursts
2. Pomodoro Method – schedule a 2 minute break to walk around or in a designated area after working for as many minutes as they are old
3. Extra Time – allow extra time to complete a task not finished on time
4. Breaks to leave the classroom - get some water, walk down the hallway, have a quick snack, go to the bathroom, or visit another teacher
5. Fidget toys – provide a selection lined up on the edge of the desk
6. Seating Placement – remove distractions and sit them close to the teacher
7. Prompts – be sure they understand the task and provide prompts to stay on task. Whispering or non-verbal prompts are best
8. Fidget chairs or standing desks - fidget chair bands, motion stools, wobble cushions, and balance ball chair
9. Provide additional or personal work space - quiet area, extra seat or table, study carrel
10. Routines and procedures – practice them over and over until they become automatic
11. Buddy System – assign a friend to help make transitions and/or keep them on track
12. Assign a Special Role – provide a role with a name such as “Student Helper,” “Paper Passer,” (passes out all papers), “Line Leader,” or “Teacher’s Assistant.”
13. Organizational systems – explicitly teaching organization such as a place to keep everything
14. Use technology – learning on a Chromebook or tablet can be engaging
15. Mindfulness exercises – teach mindfulness, establish a mindfulness area
16. Cardiovascular exercise – running or riding a stationary bike for as many minutes as they are old, right before a need to focus. Daily physical activity for 60 minutes as well.
17. One-on-one instruction – this especially effective with students struggling with ADHD
18. Show interest – find out what they are interested in and what they’re good at; pay attention to what they can hyper-focus on
19. Rewards – for focused time or completed tasks. Rewards can be high interest books or anything new, novel or of high interest.