

Top Tips

Supporting a Pupil with ADHD in the Classroom



- Seat the child away from doors and windows so they do not easily become distracted by events outside of the room.
- Say their name clearly at the beginning of any instructions so that they are aware their attention is needed.
- Be extremely brief when giving instructions: allow the child to complete one part of a task and come to speak to you to find out what they should do next.
- Ask the child to hand out or prepare resources (e.g. sharpen pencils) so that they have a physical activity.
- Whenever possible and appropriate, incorporate physical movement into lessons.
- Talk through the timetable with the child at the beginning of the day. They may gain a sense of control and feel calmer when they know what to expect.
- Provide a stress ball, small toy, or other object for the child to squeeze or play with discreetly at his or her seat.
- Ensure that the child does not miss break times unless there is a clear reason for doing so; these are chances for prolonged physical activity.
- Give consequences immediately following poor behaviour. Be specific in your explanation to ensure the child knows what they have done.
- Praise, praise, praise! Recognise good behaviour out loud. Again, be specific in your explanation to ensure the child knows what they have done.