

Adaptation checklist

ADHD



What is it?

ADHD, or attention deficit hyperactivity disorder, involves two main types of challenges: inattentiveness, where someone has trouble concentrating and staying focused, and hyperactivity with impulsiveness, where someone is overly active and may act without thinking. People with ADHD often experience issues from both categories, although this isn't always the case.



Classroom setup

- Avoid too many posters and displays
- Avoid placing the student near a distraction
- Create a "quiet corner"
- Offer different seats
- Give them relaxation techniques
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Sustain attention

- Provide stress ball
- Offer noise cancelling headphones
- Stretch a rubber band under the desk to move the feet
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Learning conditions

- Allow breaks and movement
- Use a timer
- Allow more time
- Break down units into smaller units



Teaching practices

- Learning by doing
- Teach relaxation methods
- Use explicit learning
- Value strengts
- Compensation system
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Learning material

- Simplify instructions
- Illustrate the instructions
- Avoid visual distractors on the sheets
- Avoid recto-verso
- Create check-list
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My tips/observations

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