

How to Support Students with ADHD at School

SEL Spotlight
SD44 SEL/MH
TEAM Jan. 2025

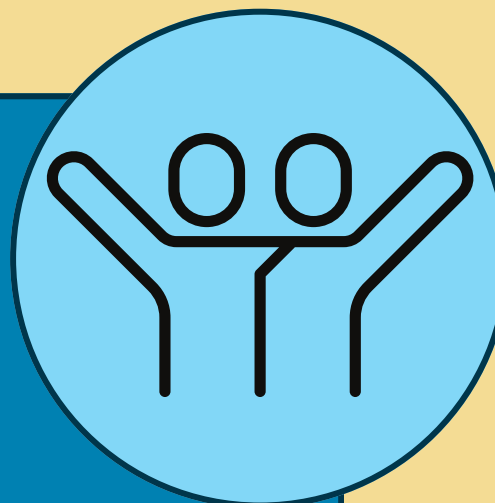


ADHD affects how a person processes information and responds to their environment. It is characterized by persistent patterns of inattention, hyperactivity, and/or impulsivity that interfere with daily functioning and development. Students with ADHD may struggle with focusing, following instructions, organizing tasks, and regulating their emotions and energy levels.

Here's What We Can Do to Support our Students

Have an Optimistic and Open Mindset Towards all Students

Show empathy and patience. Positive, trusting relationships with teachers and staff create a safe space for students to thrive and feel understood.

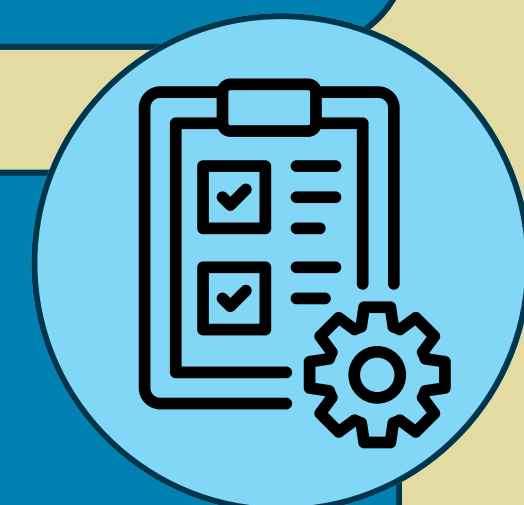


Provide Clear Structure and Routine

- Use consistent schedules and visual aids.
- Provide clear, step-by-step instructions.
- Prepare students for transitions with countdowns or verbal cues.

Break Tasks into Smaller Steps

Large assignments can feel overwhelming. Breaking tasks into manageable chunks with checkpoints helps students stay on track.



Offer Flexible Seating and Movement Breaks

- Allow standing desks, fidget tools, or movement-friendly seating options.
- Incorporate short movement breaks to release excess energy.



Minimize Distractions

- Create a clutter-free, low-stimulation workspace.
- Use noise-canceling headphones or seat students away from busy areas.

Use Visual and Hands-On Learning

- Students with ADHD often benefit from visual aids, diagrams, and interactive activities that keep them engaged.



Encourage Self-Regulation Skills

- Teach and model calming techniques, such as deep breathing.
- Connect with the School Counsellor and family around other potential self-regulation strategies.
- Use the Zones of Regulation language and/or Program



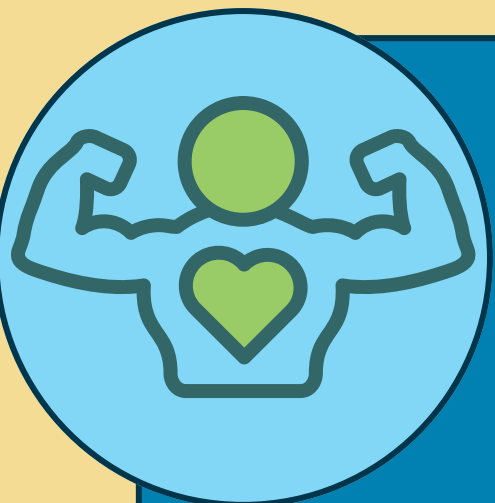
Provide Positive Reinforcement

- Praise effort and progress, not just results.
- Use reward systems to motivate and recognize accomplishments.



Focus on your Student's Strengths

- Identify and celebrate the student's strengths, talents, and interests. Encouraging these areas builds confidence, fosters motivation, and helps the student feel valued and capable.



Remember; Every student with ADHD is unique. Adjust your strategies as needed and remain patient as they learn and grow. Supporting students with ADHD benefits the entire classroom by fostering a positive, structured, and inclusive learning environment.