

ADHD IN THE CLASSROOM

TIPS AND STRATEGIES FOR EDUCATORS

PRESENTED BY: MARILYN SCHNEIDER, MOT, OTR/L

MEDICAL HOME PORTAL – ADHD FOR EDUCATORS

- **TEAM APPROACH.** DOCUMENT RESPONSES TO INTERVENTIONS AND SHARE SUCCESSFUL (AND UNSUCCESSFUL) STRATEGIES WITH OTHER SCHOOL STAFF WHO WORK WITH THE SAME CHILD.
- OCCUPATIONAL THERAPISTS OFTEN HAVE TOOLS THAT CAN HELP CHILDREN WITH ADHD, SUCH AS WIGGLY SEATS OR BALLS TO SIT ON, TIME-ON-TASK BUZZERS/REMINDERS, HEADPHONES, ETC.

- [HTTPS://MEDICALHOMEPORTAL.ORG/CLINICAL-PRACTICE/EDUCATION-AND-SCHOOLS/ADHD-FOR-EDUCATORS](https://medicalhomeportal.org/clinical-practice/education-and-schools/adhd-for-educators)

STRUCTURE AND CONSISTENCY

- VISUAL SCHEDULES
- CONSISTENT/PREDICTABLE ROUTINES



	Monday	Tuesday	Wednesday	Thursday	Friday
8:20	Arrival and Schedule Check				
8:30	Warm-up Activities				
9:00	Reading				
9:30	Math				
10:00	Social Studies	Science	Social Studies	Bowling	Social Studies
10:30	Art	Daily Living Skills	Self-Management	Music	Daily Living Skills
11:00	Sensory Skills	Sensory Skills	Sensory Skills	Science	Sensory Skills
11:30	Lunch				
12:00	Reading	Spelling	Reading	Spelling	Spelling
12:30	Social Skills	Health Education	Travel Training	Health Education	Social Skills
1:00	Reflection				
1:30	Adaptive Physical Education	Media	Adaptive Physical Education	Media	Adaptive Physical Education
2:00	Career Development				
2:20 to 2:30	Pack Up and Dismissal				

Today is: _____

6:00

7:00

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

Notes

Assignments

Chores

modern HOMESCHOOL Family

STRUCTURE AND CONSISTENCY = ORGANIZATION

- FOR STUDENTS WITH ADHD, MAINTAINING STRUCTURE AND PREDICTABLE ROUTINES IN THE CLASSROOM CAN INCREASE FOCUS.
- VISUAL SCHEDULES THAT ARE EASILY ACCESSED IN THE CLASSROOM AND/OR IN THEIR NOTEBOOKS CAN PROVIDE REMINDERS OF WHERE THEY ARE IN THEIR DAY, AND HOW MUCH TIME THEY HAVE UNTIL THE NEXT CLASS/ACTIVITY.
- ORGANIZING THESE SCHEDULES THROUGH COLORS CAN HELP TO SEPARATE THE INFORMATION SO THAT IS NOT VISUALLY CONFUSING, AND THEREFORE DIFFICULT TO USE OR ATTEND TO.

ENVIRONMENTAL ADAPTATIONS



WHILE THE CLASSROOM IN THIS PICTURE IS VERY NEAT AND ORGANIZED (VERY HELPFUL TO THE ADHD STUDENT), THE DECORATIONS AROUND THE WALLS AND WINDOWS CAN BE DISTRACTING. IF THERE IS TOO MUCH GOING ON VISUALLY, THEIR ATTENTION WILL LIKELY BE REDIRECTED TO THE DECORATIONS RATHER THAN THE LESSON.

ENVIRONMENTAL ADAPTATIONS

- LOCATION OF DESK
 - AWAY FROM WINDOWS AND DOORS WHEN POSSIBLE
 - SEATED NEAR THE TEACHER
- ENVIRONMENTAL DISTRACTIONS
 - MINIMIZE CLUTTER IN CLASSROOM
 - TOO MANY DECORATIONS CAN BE OVERWHELMING
- LOCATION OF PEERS
 - SEATED AWAY FROM FRIENDS/PEERS WHO MAY BE A DISTRACTION
 - SEATED NEAR FRIENDS/PEERS WHO MAY BE HELPFUL TO KEEP STUDENT ON TASK

SEATING ADAPTATIONS

- THERABAND
- FOOT ROLLER
- EXERCISE BALL
- STANDING BREAKS

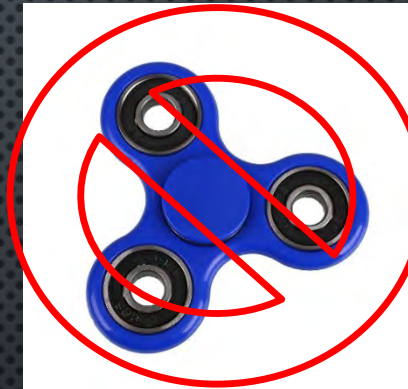


SEATING ADAPTATIONS

- PROVIDING RESISTANCE BANDS AND OTHER FOOT FIDGETS CAN BE HELPFUL FOR THE STUDENT WHO NEEDS TO MOVE AROUND IN ORDER TO STAY FOCUSED.
- TYING THESE ITEMS AROUND DESK LEGS AND/OR CHAIR LEGS ALLOWS FOR EASY ACCESS THROUGHOUT THE DAY.
- EXERCISE BALLS ARE A MORE SOCIALLY ACCEPTABLE SEATING ADAPTATION FOR MIDDLE SCHOOL STUDENTS, AS OPPOSED TO A WIGGLE SEAT THAT IS DESIGNED MORE FOR ELEMENTARY SCHOOL CHILDREN.
- PROVIDING STANDING BREAKS AS NEEDED FOR THE STUDENT WHO NEEDS TO MOVE CAN ALSO INCREASE FOCUS AS HE/SHE ISN'T CONFINED TO A SEATED SPACE.

FIDGETS

- TACTILE



- ORAL



FIDGETS ARE TOOLS, NOT TOYS

- FIDGETS ARE DESIGNED TO BE A TOOL FOR FOCUSING.
- THINK OF TWIRLING A PEN, CHEWING ON A PEN CAP, TAPPING ON THE DESK, OR DRAWING PICTURES IN THE MARGINS WHILE THE TEACHER LECTURES.
 - THESE ARE ALL WAYS STUDENTS HAVE INCREASED THEIR ABILITY TO ATTEND DURING SCHOOL.
 - FIDGETS PROVIDE THE SAME INPUT.
- CHEWABLE JEWELRY, PENCIL TOPPERS, OR MINTS ARE OPTIONS FOR ORAL STIMULATION THAT CAN INCREASE FOCUS.
- ONCE THE FIDGET BECOMES A TOY OR A DISTRACTION TO THE STUDENT OR HIS/HER PEERS, IT IS NO LONGER ACCEPTABLE TO USE IN THE CLASSROOM.
 - THE “FIDGET SPINNER” WAS DESIGNED TO BE A TOOL, HOWEVER IT QUICKLY BECAME A TOY FOR ALL AGES AND THEREFORE IS NOT ACCEPTABLE TO USE IN A CLASSROOM SETTING.

WHERE TO PURCHASE?

- FUNANDFUNCTION.COM – FIDGETS AND OTHER SENSORY EQUIPMENT
- ARKTHERAPEUTIC.COM – CHEWABLE ITEMS
- AMAZON.COM – FIDGETS AND... WELL, IT'S AMAZON!

THANK YOU!

- MARILYN SCHNEIDER, MOT, OTR/L
- OCCUPATIONAL THERAPIST
- UNIVERSITY OF UTAH LIFE SKILLS CLINIC
- MARILYN.SCHNEIDER@UTAH.EDU

