

ADHD School Supports & Adjustments



More time



One instruction at a time



Use checklists



Allow movement breaks



Colour paper



Have a buddy system



Give specific praise



Check in more often



Prepare for transitions



Visual and verbal instructions



Less visual stimuli in room



Wait longer for answers



Use a scribe



Break work into smaller tasks



Use a computer /ipad



Use a reader



Provide options for assessments



Minimise homework



Communicate with parents



Try untimed tests



Rest break



Use eye contact



Larger print



Be discreet with support



Less questions