

15 Easy-to-Implement Classroom Accommodations for Students with ADHD



The Connecting Link

Check in frequently with students

Provide graphic organizers

Movement breaks (GoNoodle, yoga, run errands, walks to drinking fountain)

Provide fidgets (Establish two basic ground rules: 1. Keep the fidgets out of sight; and 2. Keep the fidgets off the floor)

Assign a note-taking partner

Check planner daily - require teacher and parent/guardian signatures for homework accountability

Segment long assignments into smaller, manageable tasks

Allow extra time to complete tasks

Flexible seating (exercise balls, wobble cushions, standing desks)

Preferential seating (away from distractions/high traffic areas)

Implement a behavior contract with incentives (involve student with developing the contract)

Have students repeat given instructions to check for understanding

Provide an extra set of textbooks/materials to keep at home

Designate a quiet workspace

Color code materials

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