

ADHD

Joanne Steers and Kate Horstmann have put together a fantastic book full of hundreds of ideas to help students with ADHD in school. I believe these strategies are great for a range of children, including those with ASD. **The book is full of ideas for every day school situations, and provides easy strategies to implement.** Kate has kindly put together some quick tips for helping kids keep cool and calm, which will hopefully help you prevent a child's anxiety!

Quick Tips for Helping Kids Keep Cool and Calm

- 1 Get Organised.** Rushing is nearly always stressful, and so is forgetting things. Having clear systems for everyday tasks is vital, and so is scheduling regular 'chill out' times in between activities.
- 2 Get Active!** Regular exercise is great for releasing tension and creates a natural 'happy buzz'. Getting active might be playing a sport, walking the dog, dancing to an MP3 or doing some push-ups.
- 3 Have a laugh.** It is almost impossible to feel stressed while you are having a laugh or sharing a joke, so make sure that the young person has plenty of time to have fun each day!
- 4 Break the mood.** You can also use humour and a playful approach when you want to quickly change a mood and create some 'breathing space'. This gives the young person an opportunity to regain control and move away from feelings of blame or shame.
- 5 Check the basics.** Getting enough sleep, eating a healthy diet and drinking enough water are all vital ingredients in ensuring that the brain and body get the sustenance it needs to function effectively.
- 6 Timing is everything.** Remember that specific strategies to help a young person deal with stress should only be used in the early 'rumbling' stages. Once the young person is 'exploding' no strategy will be effective and they could actually create additional problems. Prevention is the key!
- 7 Don't add demands.** Learn to identify the early warning signs of stress that are unique to the young person and make sure you don't add demands or 'remind' them of what they should/need to be doing when they are in this stressed state. Focus on avoiding escalation by instead giving them a short break or by actually reducing demands.
- 8 Lead by example.** Show the young person how to cope with stress in a positive way by doing it yourself, even if you have to practice 'faking it' at times! Staying calm yourself when dealing with difficult situations is an invaluable skill for both you and them (and it can take lots of practice!).
- 9 Get it out in the Open.** Talk about stress on a regular basis – make it an important topic for everyone, discuss examples from TV, talk through your own stressors and swap ideas and strategies.

WHEN YOU SEE THIS BEHAVIOUR

Easily distracted by movement and other students in the classroom

- Unable to complete work within the given time
- Difficulty with homework



- Loses books
- Can't keep track of books/paper
- Doesn't have the right equipment i.e. pens, scissors, calculator



- Complains lessons are boring
- Fails to see the point of the task or why they need to learn it



- Needs to move around

- Does well at the beginning of an assignment / assessment task but quality of work decreases towards the end
- Doesn't hand in work even if partially completed



TRY THIS SOLUTION

- Seat student at the front and away from known distractions
- Give them movement breaks

- Use Time Timers
- Give time warnings before task ends (e.g. 10 minutes, 5 minutes)
- Kids with ADHD often do their best work in the last 5 minutes
- Practice estimating time to complete task
- Make checklists and prioritise

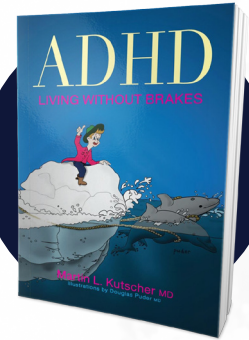
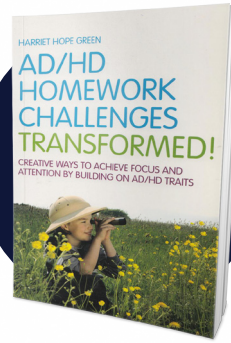
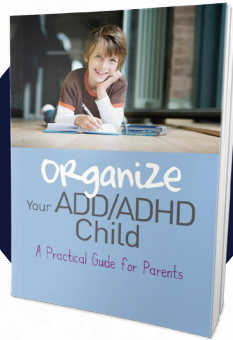
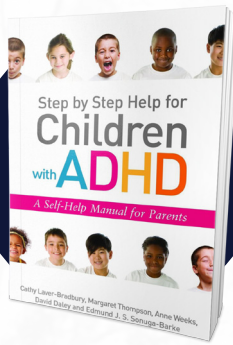
- Use binders and folders to help organise
- Help them sort their tote box / locker / storage spaces
- Show them how to organise their belongings (e.g. colour coding books, take a photo of how it should look to refer back to)
- Minimise amount of equipment so less things to get distracted by (e.g. 2 pencils not 10)

- Ensure to involve the student in presentations, helping you set up IT
- Give them a special task (e.g. putting on the music)
- Get them to hand out paper / collect things from students
- Write social scripts to explain why we have to learn things we don't enjoy
- Explain we all have different interests and maybe you will enjoy the next thing, sometimes school is boring and we do things that we have done before, but might be new to someone else

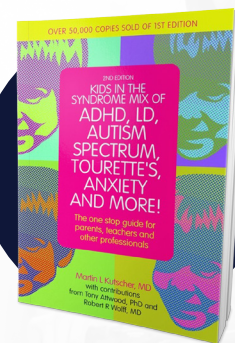
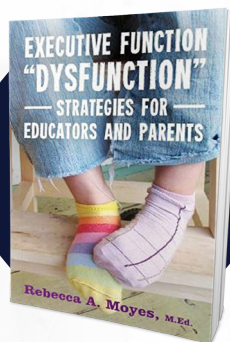
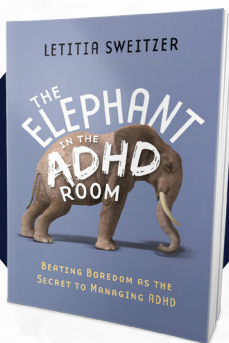
- Do task then use movement as a reward
- **See pg 11 Power of Preventative Breaks**

- Break long assignments / assessment tasks into smaller parts. Have students hand in small parts as completed, then put together at the end.
- Tell them hand in what they have done regardless if completed
- Show them examples of other students work (at a similar level) to see what is required and expected. This will allow them to see the task is manageable

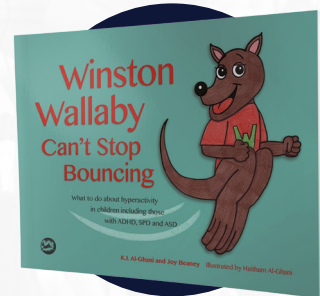
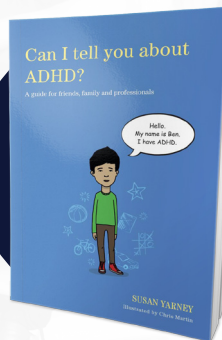
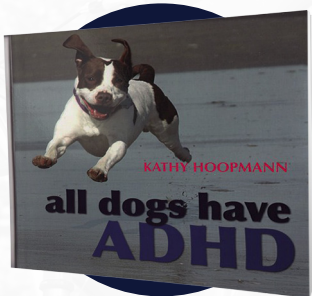
BOOKS FOR HOME (PARENTS/CARERS)



BOTH HOME AND SCHOOL

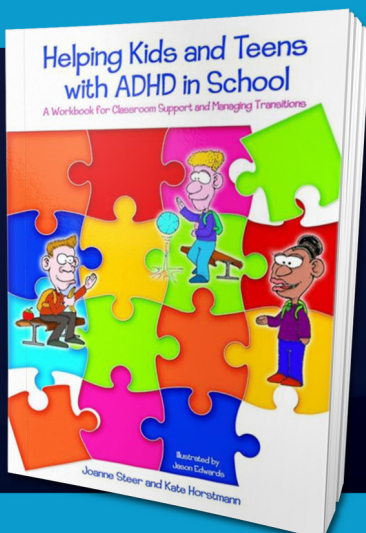


TALKING TO CHILDREN ABOUT ADHD



HELPING KIDS AND TEENS WITH ADHD IN SCHOOL

by Joanne Steer & Kate Horstmann



This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them. Using tried-and-tested strategies and top tips, this fully-photocopiable workbook will help adults to work collaboratively with young people to learn, test strategies, set goals and develop comprehensive support plans around individual needs.

➤ Code: B23

➤ \$49.95

Book available here!