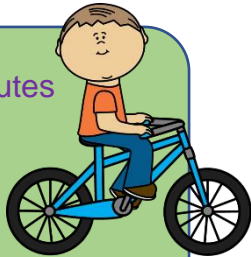




Strategies to Help and Support those with ADHD

When we have ADHD, we can have lots of things whizzing around in our minds that can stop us from focusing when we need to. We may also do and say things without thinking first and then regret our actions. With support from our teachers, parents and friends we can learn how to overcome some of the challenges we face. Here are some ideas how we can help ourselves and how others can support us.

Try to do at least 30 minutes exercise a day to keep ourselves healthy and 'help our brains out'....



Walking or cycling, participating in sports and getting out and about with friends and family will all help to keep us fit, healthy and burn off excess energy.

Being organised and ready for school:

Prepare yourself the night before...

Using a tick list with everything you will need each day can help you to pack your bag.



Have your uniform ready and lay it out in the order you will put it on when dressing.

You can also use a tick list for uniform.



	Monday	Tuesday	Wednesday	Thursday	Friday
08:30	PE	History and geography		History and geography	ICT
09:30		French week A	Arts		Spanish
10:30	Spanish	Math week A	Science week B	French	Occitan
11:30			PE	English	English
12:30					
1:00	Mathematics	Science		French	
2:00	week A	Math week B	Mathematics	Spanish	
3:00				Mathematics	French
4:00	English	Music		Methodology	

Having a copy of your school timetable on the wall and a calendar on display can help you keep track of what is coming up.





Store school equipment in places where it is easy to find. Coloured boxes or trays with labels to store schoolbooks and equipment in can help when locating items.

Also labelling cupboards and drawers in your bedroom and keeping everything tidy and in the correct place means you are less likely to lose things.

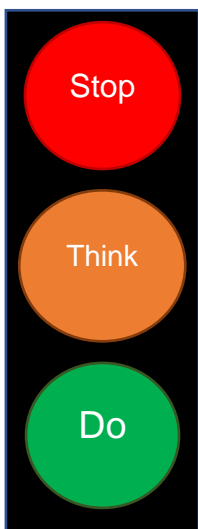


Having enough sleep and a good bedtime routine can help you feel your best and ready for the day ahead.

Set an alarm to get you up and allow plenty time to prepare for school and help us to arrive on time.



Being impulsive can sometimes be a good thing, for example when we act quickly without thinking to help someone. But being impulsive can also cause us problems. We need to consider if our words or actions are going to upset or hurt anyone. We can try to think ahead and picture in our head what the results could be before we go ahead.



T	Is what you are going to say <i>True</i> ?
H	Is what you are going to do or say <i>Helpful</i> ?
I	Is what you are about to do or say <i>Important</i> ?
N	Is what you are going to say or do <i>Necessary</i> ?
K	Is what you are going to say or do <i>Kind</i> ?