



## INSTRUCTIONAL TIPS FOR LEARNERS WITH ADHD (Attention Deficit Hyperactivity Disorder)



**ADHD (Attention Deficit Hyperactivity Disorder)** is a neurodevelopmental disorder that affects both children and adults. ADHD is characterized by inattention, hyperactivity, and impulsivity. The symptoms of ADHD can vary depending on the individual, but generally fall into three categories:

- **Inattention:**
  - Difficulty focusing on tasks or activities
  - Easily distracted
  - Difficulty following instructions
  - Forgetfulness
  - Difficulty organizing tasks and activities
  - Avoiding tasks that require sustained mental effort
  
- **Hyperactivity:**
  - Fidgeting or squirming in seat
  - Difficulty staying seated
  - Restlessness
  - Talking excessively
  - Difficulty playing quietly
  - Always on the go
  
- **Impulsivity:**
  - Acting without thinking
  - Interrupting others
  - Difficulty waiting their turn
  - Blurting out answers before the question has been completed
  - Difficulty following rules or instructions

It is important to note that these symptoms may be present in varying degrees and not all individuals with ADHD will exhibit every symptom. Additionally, these symptoms



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must be present for at least six months and in more than one setting (e.g., at home and at school or work) to be diagnosed as ADHD.

Some beneficial instructional tips and strategies for learners with ADHD include:

1. **Provide structure and routine:** Students with ADHD often struggle with organization and time management, so providing a clear and consistent structure can help them stay on track. Use visual aids such as schedules or timers to help them manage their time and understand the flow of the day.
2. **Break tasks down into smaller chunks:** Large tasks can be overwhelming for students with ADHD, so it is important to break them down into smaller, more manageable steps. This will help them stay focused and motivated as they work towards completing the task.
3. **Use multisensory teaching strategies:** Students with ADHD often benefit from learning through a variety of senses. Use visual aids, hands-on activities, and other interactive teaching strategies to engage them in the learning process.
4. **Provide opportunities for movement:** Students with ADHD often have a lot of energy and can struggle with sitting still for long periods of time. Incorporate movement breaks into your lessons to help them release their energy and refocus.
5. **Use positive reinforcement:** Students with ADHD often struggle with self-esteem and may feel discouraged by their difficulties in the classroom. Use positive reinforcement to recognize their efforts and celebrate their successes.
6. **Minimize distractions:** Students with ADHD can be easily distracted by their surroundings. Minimize distractions by creating a quiet and organized learning environment.
7. **Allow for flexibility:** Students with ADHD often have difficulty with transitions and may benefit from a flexible schedule. Be open to adjusting your teaching strategies and schedule as needed to meet their needs.
8. **Work with parents and other professionals:** Communication with parents, counselors, and other professionals can help provide additional support for students with ADHD. Collaborate with them to develop a comprehensive Individualized Educational Program (IEP) for meeting the student's academic and social-emotional needs.



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