

ADHD In The Classroom

Education

Classroom adjustments for pupils with attention and regulation needs.

Structure, immediacy and reduced waiting do most of the work.

Adjustments that help

Short tasks with a visible end point

Instructions given one step at a time

Immediate, frequent, specific feedback

Seating away from high-traffic areas

Legitimate movement built into the lesson

Approaches that do not

Sanctions for behaviour the pupil cannot yet control

Removing the break that helps regulation

Long verbal instruction sequences

Waiting for a diagnosis before adjusting

Assuming effort is the missing ingredient

Educational reference only, not medical advice. Diagnosis, medication and clinical management are matters for health professionals and