



CHADD's National Resource
Center on ADHD

REMOTE LEARNING TIPS FOR STUDENTS WITH ADHD



READ

Read for 20 minutes every day. Read books, stories, edit your own stories, or listen to audiobooks.



WRITE

Write stories, letters, or notes to friends. Use speech to text to help with a writing disability.



MATH

Practice solving different problems or playing math games.



INTEREST AREAS

Find a topic or hobby you are interested in. Talk about it and explore it.



USE A PLANNER

Use a planner or journal to sort out all of your work, keep track, and keep you ready for school.



HAVE A ROUTINE

Routines help to keep you organized and get things done. Be flexible and find your own balance.

Adapted from "Suddenly Homeschooling" by Margaret Foster at chadd.org/suddenly-homeschooling.

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