

# Attention Strategies

## FOR STUDENTS WITH ADHD



Students with ADHD can struggle with maintaining attention for long periods of time. They may need time to take breaks to refresh themselves, particularly if they tend toward hyperactivity. Thankfully, there are many strategies available to help reduce distraction and increase attention in the classroom. ADHD affects individuals differently. Have each student try several strategies to see what works best for their specific needs.

### Help Students with Distractibility and Inattention



01

#### Pomodoro Method

Set a timer for 25 minutes of work, followed by a five-minute break. Take a longer break after four cycles. Experiment with time intervals to find the student's preferred pace.



02

#### Headphones

Headphones with noise cancelling or white noise capabilities can help students who are distracted when their workspace is too loud or too quiet to concentrate.



03

#### Music

Classical or instrumental music is more effective than music with lyrics. Have students preselect a playlist before class, so they don't lose time browsing options.



04

#### Play to Interests

Students are more likely to engage with material related to their interests. Offer choices from a list of options or point out how the assignment applies to their passions.



05

#### Fidget Tools

Fidget tools include fidget rings, squishy toys, kick bands, yoga balls, or under-desk pedals. Allowing all students access to fidgets destigmatizes their use.



06

#### Strategic Seating

Seat students away from distracting stimuli such as doorways or noisy appliances. Sitting near the instructor or responsible classmates can help students stay on task.

For more information, visit [chadd.org/for-educators/overview](https://chadd.org/for-educators/overview).