

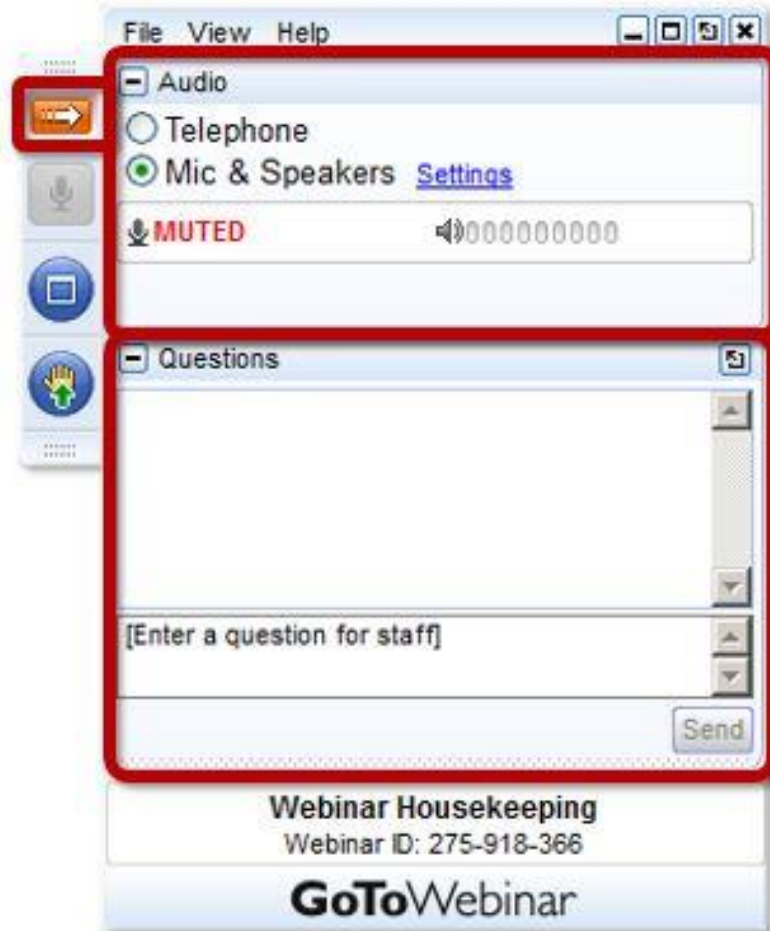


# INSPIRING IDEAS TO HELP STUDENTS WITH ADHD SUCCEED IN YOUR K-8 CLASSROOM

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In honor of ADHD Awareness Month, former Special Education Teacher, Jill Rockwell, shares easy to implement strategies for effectively teaching students with ADHD. Jill will share stories of students who have translated strategies used to manage their ADHD, into a framework for success in life. Leave this webinar with tools and practical methods that you will immediately be able to use in your K-8 classroom and equip students with skills to help them reach their goals.





## Your Participation

Open and close your control panel

Join audio:

- Choose "Mic & Speakers" to use VoIP
- Choose "Telephone" and dial using the information provided

Submit questions and comments via the Questions panel

**Note:** Today's presentation is being recorded and will be provided within 48 hours.

# Jill Rockwell, Presenter

- Married with an active 17-month old son
- Loves traveling and nature walks with the family
- Former Special Education Teacher
- Taught for a total of 13 years in Wisconsin, Minnesota, and California
- Current Role: Curriculum & Instruction Specialist at Learners Edge



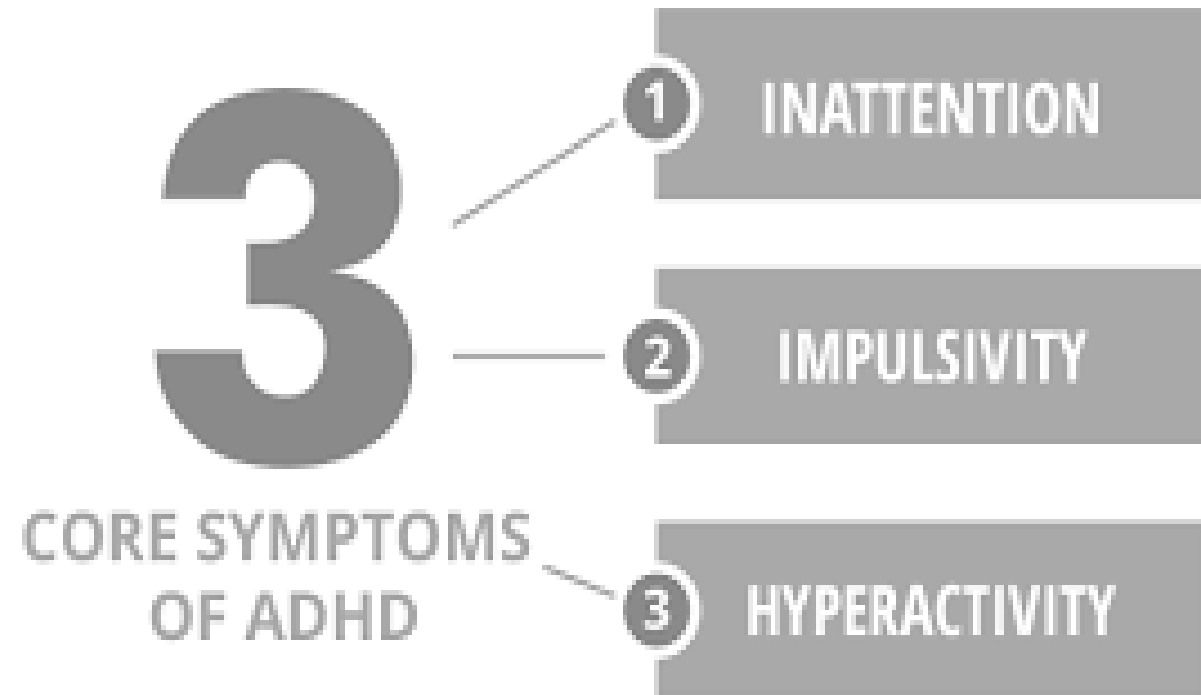
# What is ADHD?

- Attention Deficit Hyperactivity Disorder
- According to the National Institute of Mental Health, *ADHD is a brain disorder involving a constant pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.*
- In the U.S. approximately 5-11% of school-aged children are affected by ADHD.



# Three Presentations of ADHD

1. Predominantly inattentive
2. Predominantly hyperactive-impulsive
3. Combined inattentive and hyperactive-impulsive



# Symptoms--from *The ADHD Book of Lists* based on the *Diagnostic and Statistical Manual of Mental Health Disorders (DSM-5)* criteria, published by the American Psychiatric Association

## Inattentive

- fails to give attention to details
- trouble holding attention
- does not seem to listen
- does not follow through on instructions
- trouble organizing
- avoids tasks that require mental effort over a long period of time
- loses things
- easily distracted
- forgetful

## Hyperactive-Impulsive

- often fidgets
- leaves seat when remaining seated is expected
- runs or climbs in situations it is not appropriate
- feeling restless
- often on the go
- talks excessively
- blurts out
- trouble waiting his/her turn
- interrupts or intrudes on others

# Understood.org Video Overview

- Hear from Julia, a 2<sup>nd</sup> grade child with ADHD who struggles with paying attention
- Experience what it is like to struggle with focusing with a simulation
- Hear from a doctor who explains the struggles associated with ADHD



# Video Debrief:

- How did the simulation make you feel?
- What were your thoughts as Julia described her struggles associated with ADHD?
- Julia explained that she used fidgets, she doodled, and took laps around the school to help her manage her ADHD symptoms. What strategies do you use with your students to help them focus?

<https://www.understood.org/en>



# 5 Common Struggles for Students with ADHD:

- Paying Attention/Focusing
- Completing Tasks
- Organization
- Regulating Emotions & Behavior
- Social Skills





# STRATEGIES FOR SUCCESS

# Paying Attention/Focusing

- Interest-based learning



# Paying Attention/Focusing

- Opportunities for movement



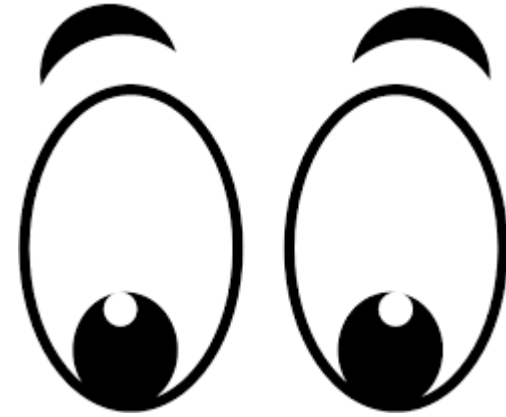
# Paying Attention/Focusing

- Active class participation



# Paying Attention/Focusing

- Visuals



# Paying Attention/Focusing

- Preferential seating





# Completing Tasks

- Segment long-term projects into short-term tasks





## Example of a Writing Assignment Broken into Specific Tasks with Due Dates:



### My Dinner Party

*Imagine you are planning a dinner party. Who will you invite? What will you serve? What will the atmosphere be like? Complete the outline for your 5 paragraph descriptive narrative. **Please include:** Descriptive details, dialogue and feelings transition words such as: first, then, next, finally to signal the order of your events*

#### Paragraph 1: Introduction (Due Monday)

Tell the reader what you will be writing about by giving a summary of your narrative, include feelings.

#### Paragraph 2: Guest List (Due Tuesday)

Describe who you will invite and why (you can invite anyone, including famous people and fictional characters). Invite at least 3 guests.

#### Paragraph 3: Menu (Due Wednesday)

Describe what types of food and drinks you will be serving for you and your guests. Be creative!

#### Paragraph 4: Atmosphere (Due Thursday)

Describe the atmosphere of your dinner party. Include details about the location, decorations, and any other details you'd like to include.

#### Paragraph 5: Conclusion (Due Friday)

Restate your introduction and wrap up your narrative.

# Completing Tasks

- Segment long-term projects
- Extra set of textbooks at home
- Extended time
- Separate setting
- Tests read aloud
- Timers (Timer Apps)
- Homework chart



# Homework Chart used for 4<sup>th</sup> Grade Student with ADHD

*Homework Chart used for a 4<sup>th</sup> grade student with ADHD:*

**Sam's Homework Chart**

Tally Mark = Reminder to Work

5 or Fewer Reminders = 😊

Study Hall				
Monday	Tuesday	Wednesday	Thursday	Friday
11 😊	111 😊	1 😊	111111	11 😊
Home				
Monday	Tuesday	Wednesday	Thursday	Friday
111111	11 😊	11 😊	111111	😊

Goal: 7 😊s = 10 minutes of iPad time, movie night with Mom



# Organization

- Daily Schedule/Class Agenda
- Transition Time
- Student Planners & Organizational Materials
- Transition Time
- Check-in/Check-out



# End of the Day Checklist

- ☐ Planner
- ☐ Homework Folder
- ☐ Silent Reading Book
- ☐ Put Chair Up





# Regulating Emotions & Behavior

Examples of calming strategies:

- deep breathing
  - slowly counting backwards from 10
  - requesting a walk to the drinking fountain or to the bathroom
  - doodling
  - reading a book
  - listening to calming music
  - squeezing a stress ball
- 
- Practice strategies *before* experiencing strong feelings or losing control.



# Menu of Calming Strategies



Look at the bubblers



Squeeze and release hands



Play with the fidgets



Think happy thoughts



Breathe deeply



Sit quietly and rest



Count

# Regulating Emotions & Behavior

- Scheduled breaks in special education resource room
- Behavior Charts and Contracts





# Behavior Charts

## *Self-Monitoring Chart Used for a 5<sup>th</sup> grade student with ADHD:*

### My Expected Behaviors:

- I will be respectful to my peers and adults.
- I will follow directions.
- I will listen quietly when others are speaking.

Circle the number of reminders needed during each class period.

<b>1</b>	1 or fewer reminders to follow expected behaviors
<b>2</b>	2 reminders to follow expected behaviors
<b>3</b>	3 reminders to follow expected behaviors
<b>4</b>	4 reminders to follow expected behaviors
<b>5</b>	5+ reminders to follow expected behaviors

## *Expected Behaviors Chart Used for a 3<sup>rd</sup> Grade Student with ADHD:*

### My Expected Classroom Behaviors:

Quiet Voice      Do my Work      Hands to Myself      Be Respectful

Task	Expected Behaviors Followed = ☺	Comments
Morning Meeting		
Reading		
Specialists		
Snack/Read Aloud		
Math		
Lunch/Recess		
Math with Me		
Reading with Mrs. R		
<b>Total ☺s</b>		

5 ☺s = Spin!

**You can do it, Sarah!**

# Student Contract



I, \_\_\_\_\_, agree to work hard to meet these expectations:

---

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For meeting the conditions of this contract, I will earn the following privileges:

---

---

If I do not meet the conditions of this contract, the following consequences/restrictions will result:

---

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Privileges and consequences/restrictions will be earned on \_\_\_\_\_ (date).

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Teacher Signature

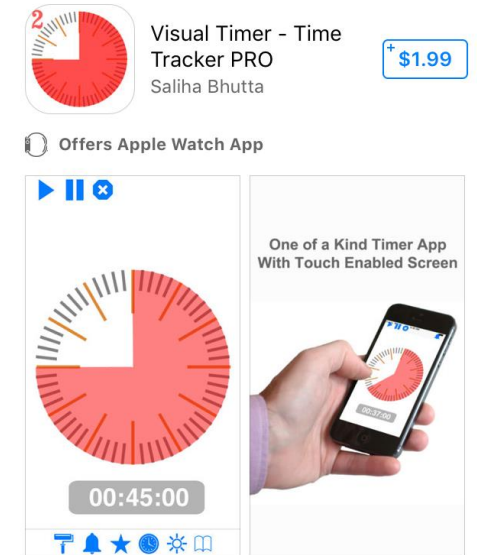
# Social Skills

- Student Buddies
- Lunch Bunch
- Social Skills Groups



# Top 3 Take-Aways

1. **Strategies** to help your students be successful
2. Increased sense of **empathy** for students with ADHD
3. **Resources** to support your students with ADHD
  - a. [www.understood.org](http://www.understood.org)
  - b. <http://www.additudemag.com/>
  - c. <https://www.gonoodle.com/>
  - d. Handouts
  - e. Timer Apps



# Questions and Answers

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[www.LearnersEdgeInc.com](http://www.LearnersEdgeInc.com)

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