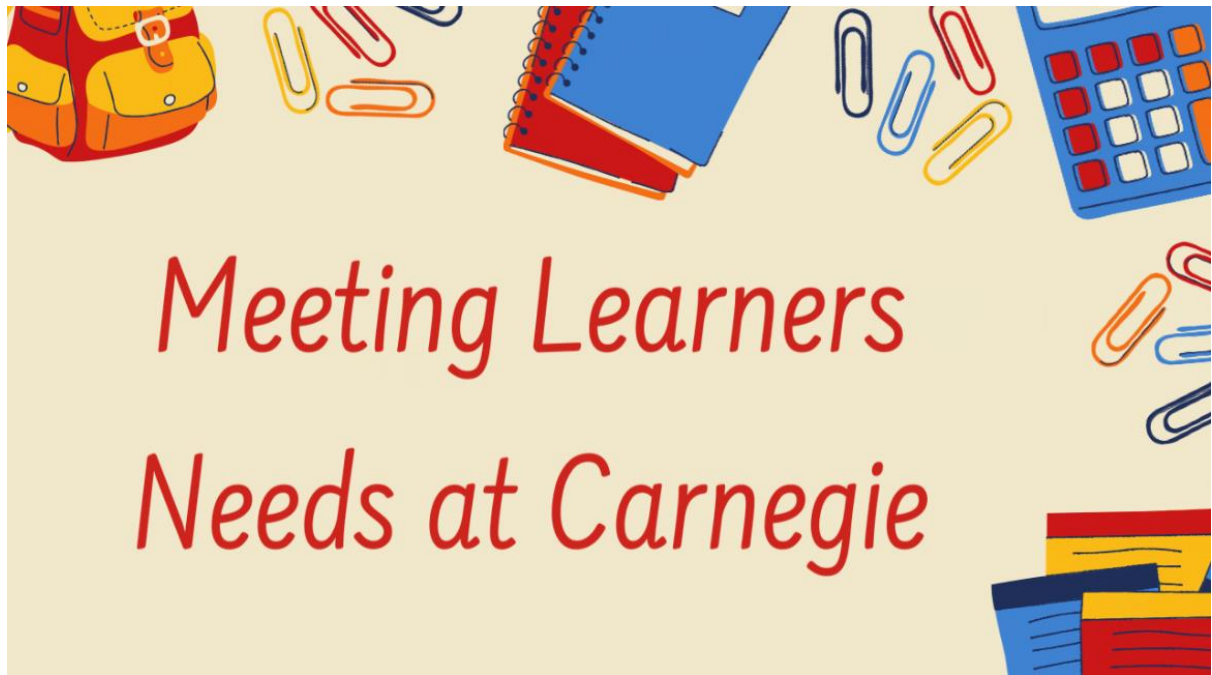


# Carnegie Primary School



Supporting ADHD Home Learning Toolkit

## What is in this toolkit?

This toolkit provides a range of suggested supports to help children with ADHD while learning at home.

The toolkit is to be used for references and covers supporting learning at home.

If you have any further questions, please get in touch with the Carnegie Support for Learning Team.



### Strategies that may help:

- Keep it fun – don't put pressure on the child and don't expect too much too soon. Practise what they know first to improve confidence – this will help them feel good.
- Praise what is done well and comment on how they have done it. For example: 'Well done – you broke that word down really well.'
- Be ready to give help at the right time – don't let them panic and give hints to help, such as: 'That word rhymes with...' or 'Sound out the first letter.'
- Stop when they have had enough.
- Create a structure to the day with regular planned breaks share this at the beginning of the day and tick things off as you complete them.
- Break tasks and activities down into chunks rather than doing the task all at once.
- Try to create a quiet space for your child to work, designate the work space within the home so the child knows this is the area for school work.
- Limit distractions during working time, remove toys, games and technology that is not needed during learning times.
- Encourage regular physical breaks, use online exercise programmes like Joe wicks or cosmic yoga or go out for a walk.
- Take learning outdoors where you can and use the natural environment to encourage story creating, numeracy (e.g. counting sticks, spotting house numbers and adding them etc.)
- Encourage your child to think out loud and verbalise their learning this will help to curb the impulsive behaviour.
- Use visuals to support your child when learning new concepts for example draw out a maths problem in picture form or create a picture mind map for a story.
- Keep instructions simple and clear.

For specific advice around literacy and numeracy strategies you may wish to look in our supporting dyslexia toolkit which has lots of advice and strategies for supporting these core curricular areas.



## Useful Websites:

Maths website which allow concrete materials on screen such as cubes and Numicon

<https://mathsbot.com/>

<https://www.didax.com/math/virtual-manipulatives.html>

Support for writing

<https://www.cricksoft.com/uk/clicker>

Support for reading

<https://idlsgroup.com/>

<https://www.teachyourmonstertoread.com/>