

10 Lesson planning Commandments for ADHD and All

<p>Allow alternative seating and fidget toys.</p> <p><u>DIY stress ball</u></p> <p><u>Wiggle Cushion</u></p>	Physical hyperactivity
<p>Progressive muscle relaxation.</p> <p><u>For Primary</u></p> <p><u>For Secondary and Adults</u></p>	Mental hyperactivity
<p>Grab attention, minimise Teacher Talking Time</p> <p><u>7 Attention Grabbing Techniques</u></p>	Inattentiveness
Assign Learning Partners	Inattentiveness
Write answers before speaking.	Impulsivity
<p>Guided mindfulness meditation.</p> <p><u>For Primary</u></p> <p><u>For Secondary and Adults</u></p>	Impulsivity
Positive reinforcement + ignoring minor misbehaviour	Rejection sensitivity
<p><u>TIPP</u> (Temperature, Intensive Exercise, Paced Breathing, Progressive Muscle Relaxation)</p>	Rejection sensitivity
<u>HALT</u> (Hungry, Angry, Lonely, Tired)	Trigger prevention
<p>Learner Autonomy: provide alternative tasks</p> <p>Primary: Draw a picture or act the scene out with your partner.</p> <p>Secondary: Choose a topic for your essay.</p> <p>You can choose when you submit it.</p>	Trigger prevention