

61 ADHD School Accommodations

This guide is designed for parents and educators supporting students with ADHD. Start with 1-2 high-impact accommodations that address the biggest challenges. Once those are working, add others gradually. Collaborate with parents, teachers, and the student to choose, test, and adjust supports.

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Focus & Attention

1. Seat in a quiet area; increase distance between desks
2. Preferential seating near teacher or positive peer, away from distractions
3. Use noise-canceling headphones or white noise during independent work
4. Written + oral directions; repeat and check for understanding
5. Timers or visual clocks to show time remaining
6. Private cueing: hand signal, sticky note, or gentle tap
7. Pair with a study buddy for reminders
8. Highlight key instructions or use color-coding

Organization & Time Management

9. Break large tasks into smaller, manageable chunks
10. Give assignments one at a time to avoid overload
11. Advance notice for homework, projects, and tests
12. Color-coded folders/binders for subjects
13. Daily agenda/planner checks signed by teacher
14. Extra set of books and materials at home
15. Weekly desk/backpack cleanouts
16. Use visual schedules and reminders

Movement & Sensory Regulation

17. Flexible seating: wobble stools, yoga balls, standing desks
18. Allow standing while working or sitting near movement area
19. Scheduled movement breaks every 20-30 minutes
20. Purposeful errands
21. Fidget tools with quiet-use guidelines
22. Short breaks between assignments
23. Never remove recess or PE as punishment

Academic Skill Supports

24. Reading: audiobooks, preview text, limit text per page
25. Writing: speech-to-text, oral/visual presentations, reduce quantity
26. Math: calculators, graph paper, immediate feedback
27. Note-taking: peer/teacher notes or scribe
28. Active, multisensory instruction
29. Mix high-interest and lower-interest activities

Testing & Assessment

30. Extended time for tests, quizzes, and assignments
31. Quiet or separate test location
32. Read directions/questions aloud
33. Allow verbal responses or answers in the booklet
34. Break tests into sections with breaks
35. Use assistive tech for writing portions

Impulsiveness & Self-Control

36. Ignore minor inappropriate behavior
37. Create a "Blurt out" book to write errant thoughts
38. Cool-down procedure for persistent misbehavior
39. Supervise closely during transitions
40. Private, calm redirects
41. Reinforce positives frequently
42. Role-play waiting for a turn to speak
43. Praise waiting turns and hand-raising

Long-term Resilience

44. Provide regular reassurance and encouragement
45. Compliment positive behavior and quality work
46. Recognize character strengths in action
47. Savor progress on a weekly basis
48. Offer leadership opportunities
49. Share achievements with parents
50. Create structured peer interaction
51. Co-create a progress journal

Social Skills & Peer Relationships

52. Assign peer buddy for group work
53. Structured cooperative learning activities
54. Social skills groups or role-play practice
55. Assign leadership/helper roles
56. Praise prosocial behavior often
57. Monitor for bullying or isolation

Communication & Home-School Connection

58. Daily or weekly progress reports
59. Quick home-school communication logs or emails
60. Share successes as well as challenges
61. Adjust supports collaboratively

The Best ADHD & Executive Functioning Courses for Kids & Teens

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For Kids

The Artie & Brain ADHD Animated Series

- 40+ Bite-sized videos
- Laugh & Learn
- Research-based strategies
- Discussion prompts
- Worksheets for reinforcement



For Teens

The Executive Functioning Challenge Series

- Bite-sized videos
- Teen-led learning
- Research-based strategies
- Discussion prompts
- Worksheets for reinforcement



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