

## Recommendations for Inattention

- **Tasks should be kept short within his/her attention span, assorted and steadily increased in length.**
- **Whenever possible, distractions should be minimised in the vicinity where they work. Desks may perhaps be placed near the teacher or in an area with minimal classroom traffic and present one activity at a time rather than putting all items on the table.**
- **Ensure that attention is maintained before giving an instruction.**
- **Give instructions one at a time, repeat them and check his/her understanding**
- **Keep Instructions simple and structured**
- **Use visual aids where possible and write things down**
- **Plan ahead for tests and exams e.g. seat him/her in an area free from distractions or consider use of a separate room; provide extra time**
- **Ensure the pupil is praised/rewarded for good work and behaviour. Small achievements should be rewarded as well as the more obvious achievements. Praise him/her for “good looking”, “good listening”, “good sitting” etc. Praise other children too, so that pupil can observe other children doing these things.**
- **Use of a school/home planner or diary to ensure there is good communication between home and school e.g. in relation to homework, assignments, projects, school timetable etc.**

## **Recommendations for Hyperactivity/Impulsivity**

- **Allow student to fiddle with an agreed object e.g. stress ball**
- **May benefit from intermittent breaks during long lessons.**
- **Allow calming down period before coming into class**
- **Set variety of tasks and activities, where possible include 'hands on' activity**
- **Give whole class stretching exercises midway through**
- **Use of a planned exit strategy for the pupil e.g. a time-out card that he can use to leave class and go to a pre-arranged quiet place when stress or frustration levels get high.**
- **Some 'warning signals' might be useful so that the pupil is aware of when his/her behaviour is becoming problematic e.g. placing a card on his/her desk or touching shoulder.**