

Attention in the classroom

Reasons for Attention Challenges:

- Sensory overstimulation in areas of sound, sight, textures, smells, their own inner need for movement
- Attention deficit disorder.
- Learning disability or gifted – task demands not matching skills/ability.

Students who struggle with attention may look like this:

- Never sitting still
- Disinterest, carelessness
- Not completing or returning assignments
- Struggling in group projects
- Talking out of turn, hyper-talkative
- Trouble following directions.
- Dreamy, overly emotional

Impact on Learning

Attention impacts a student's ability to take in and retain information. It also impacts their ability to demonstrate their knowledge and skills.

Supports and Strategies

- Offer preferred seating, close the front, away from doors or windows.
- Rows of desks rather than groups facing each other or with quieter classmates.
- Quiet areas to work, study carrel, going into hallway.
- Provide written instructions, outlines, visuals to help organize.
- Watch for cues that student requires a break – mentally or physically.
- Consider breaking down test into quizzes or large projects into smaller tasks.
- Agendas, colour coded binders, folders help to organize.
- Work out strategies with the student to help refocus – touching desk or shoulder, placing sticky note on the desk.
- Provide clear next steps and expectations.
- Eye contact helps ensure student is attending to the directions.
- Homework partner to help with recording and organizing.
- Extra books – so student can have one at home and one at school.
- Regular communication between home and school so all are aware of expectations, events and due dates.
- Variety of ways to learn the information – board games, computer games, multi-sensory approaches.
- Calming, quiet music during times of focused work
- Electronic timers that beep to serve as a check-in to see if focused.
- Praise for desired behaviour and clear concise redirection to required behaviour.

<https://www.helpguide.org/articles/add-adhd/teaching-students-with-adhd-attention-deficit-disorder.htm>

[Resources Archive - ADHD Foundation : ADHD Foundation](#) (also ASD resources)
[what is ADHD? - YouTube](#)