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An online information, sharing and community resource for individuals with disabilities, parents, carers and professionals

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Distractibility and children with ADHD

Some suggestions on how to support children with ADHD who are easily distracted

Students with ADHD can become easily distracted by noise, this can include passers-by, outside noise or even their own thoughts so tasks that require sustained concentration can prove difficult such listening to instructions for a task or listening to a story.

To support children who are easily distracted it is important to integrate increased opportunities for movement and segmenting long pieces of work into manageable chunks. You will gain a sense from your meetings with their parents/ carers and through observing the child what the capacity of their attention span is, this will guide you on the time frame you can apply to a task.

Here's a few suggestions of how to positively support a child who experiences distractibility in class:

- Seat the child with ADHD away from doors and windows.
- When lesson planning, alternate seated activities with those that allow the child to move their body around the room. This will benefit the whole class too. Whenever possible, incorporate physical movement into lessons.
- When giving information to the class, ensure students with ADHD receive it written down ensuring they can easily read and reference it. You will need to remind the student where the information is located.
- Divide big tasks into smaller ones and allow children frequent breaks.

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