



ADHD Friendly Classroom Checklist

ADHD Friendly Classroom

Creating an ADHD-friendly classroom doesn't have to be overwhelming. Simple, **evidence-based strategies** can help students with ADHD stay focused, engaged, and successful.

Use this checklist as a quick reference guide.

Classroom environment

Adjustments:

- ☐ Offer **flexible seating** (e.g., wobble stools, standing desks, designated movement areas)
- ☐ Reduce distractions by placing **students away from high-traffic areas** (e.g., doors, windows)
- ☐ Provide **clear, structured routines** with visual schedules and task lists
- ☐ Use **color-coded materials** or organizational tools to help with task management
- ☐ Create a "**movement-friendly**" space where students can reset without disruption

Instructional strategies:

- ☐ Break down assignments into **smaller, manageable steps**
- ☐ Use **visual aids, written instructions, and multi-sensory learning tools**
- ☐ Allow students to **verbalize instructions back** to confirm understanding
- ☐ Provide **structured breaks** between tasks to allow for movement
- ☐ Offer **alternative ways to complete tasks** (e.g., oral presentations, assistive technology)

Behavior and engagement support:

- ☐ Implement a **clear reward system** (e.g., positive reinforcement, sticker charts)
- ☐ Use **non-verbal cues** (e.g., a tap on the desk) to redirect focus without singling out students
- ☐ Offer "**helper roles**" to channel energy into productive tasks
- ☐ Allow **quiet fidget tools** (stress balls, chair bands) to aid concentration
- ☐ Teach **self-regulation techniques**, such as deep breathing or mindfulness

Communication and collaboration

- ☐ Maintain **open communication with parents** about classroom strategies
- ☐ Encourage **peer support and social skills development** through group work
- ☐ Provide **frequent, constructive feedback** in a positive and encouraging manner
- ☐ Offer **test accommodations**, such as extended time or alternative environments
- ☐ Consider **objective testing like QbCheck** to support ADHD assessment and interventions