



# Western

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## Setting kids up for **SUCCESS**

### *Developing Executive Skills in the Classroom*

Hey! It's me again. Remember how I told you that ADHD is a neurobiological disorder? Part of having ADHD means that I have troubles with my executive functioning skills. Executive functioning skills include:

- Planning
- Organization
- Time Management
- Paying attention for a long time
- Holding information in my mind while I try to do something
- Starting a task without procrastinating
- Thinking before I act
- Managing my emotions
- Being flexible

Executive functioning skills develop over time. Even though I tend to have more trouble with these things than my friends, we would all benefit from being taught how to improve these skills in class! That's why I am going to give you some ideas about how to teach executive functioning in your classroom to all kids and to kids that have some struggles.

### Things that will help most kids learn executive functioning skills:

<b>Help us learn routines like:</b>	Agenda books Handing in homework plans for big projects
<b>Teach us classroom rules:</b>	Post them in the classroom where we can see them Review and practice them with us too!
<b>Teach us study skills like:</b>	How to study for tests How to break-down big assignments into smaller parts How to create timelines to help us manage our work
<b>Teach us organizational skills like:</b>	How to organize notebooks How to remember things like due dates and permission slips
<b>Teach us homework skills like:</b>	How to get started How to stay focused How to stay motivated to finish
<b>Help motivate us by:</b>	Building in fun activities after hard tasks Praising us when we do a good job!

## Things that will help kids with ADHD learn executive functioning skills:

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- Organize after school homework clubs/opportunities for peer tutoring where I can learn from my friends
- Set-up small groups to teach students like me how to make and follow homework plans
- Give my parents weekly reports on my progress to update them on missing assignments and how I am doing in class
- If I am having a problem in your classroom, consider working with my parents to make a reward system we can use both at home and at school!
- Modify my assignments

## How to modify assignments for kids like me:

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Shorten my assignments:	Only ask me to do the even numbered math problems Only ask me to work on an assignment for 15 minutes
Give me breaks:	Ask me to show you my work every 10 minutes Ask me to be your helper in class
Give me choices:	Offer me two ways to study spelling words Offer me a homework menu and let me choose my assignments
Give me examples:	Give me a fill-in-the-blanks worksheet to help me take notes Give me a graphic organizer to help me plan assignments and study for tests
Make my assignments more specific:	Ask me to write my spelling words five times instead of using each one in a sentence Ask me to find information you have already highlighted in my textbook

**By doing these things in your classroom, you will help kids like me with ADHD and all my friends develop our executive functioning skills!**

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Dawson, P., & Guare, R. (2010). *Executive skills in children and adolescents: A practical guide to assessment and intervention*. Guilford Press.