

Use a range of self-regulation strategies

Inhibition and self-regulation strategies.

- ✓ Give immediate feedback and positive reinforcement ([Class Dojo](#) is a useful tool for supporting self-regulation).
- ✓ Provide regular exercise and movement breaks.
- ✓ Have cue cards on learners' desks and/or private signals to remind to stop, think, and make a good choice.
- ✓ Provide a designated calming spot.
- ✓ Encourage ākonga with ADHD to self-manage and stay focused, organised and on track, using tools such as a vibrating watch or timer.
- ✓ Use social stories and role-play to rehearse appropriate behaviours.

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