

# Support planning and thinking skills

A suggestion for implementing the strategy  
'Helpful classroom strategies years 9–13' from  
the Guide: [ADHD and learning](#)

---

## Includes:

- Support time management
- Use multiple approaches to support concentration
- Offer a range of approaches to support planning
- Support thinking in multiple ways
- Useful resources

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9-13](#)

Suggestion: [Support planning and thinking skills](#)

Date

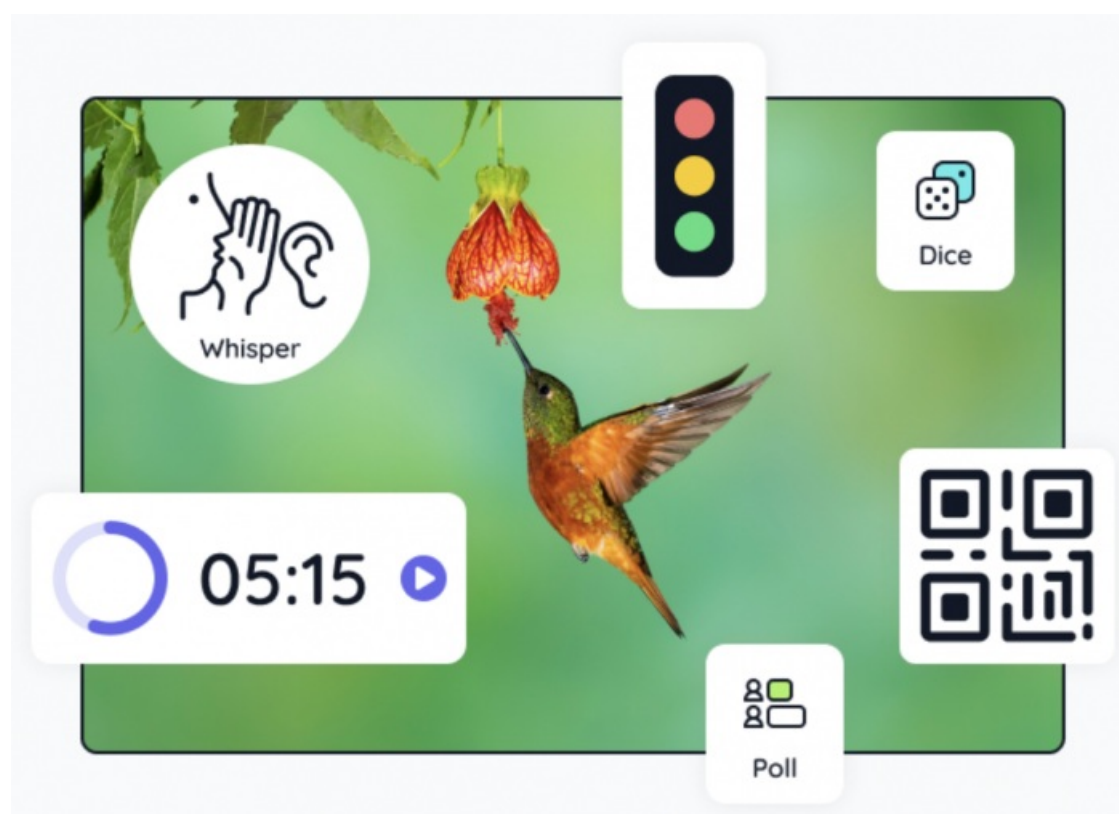
30 August 2025

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary)

---

## Support time management



[View full image \(679 KB\)](#)

Introduce tools such as visual timers to reduce surprise that an activity is over or to signal that a transition is coming.

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9–13](#)

Suggestion: [Support planning and thinking skills](#)

Date

30 August 2025

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary)

---

## Use multiple approaches to support concentration

Provide options to support concentration and short-term memory.

- ✓ Monitor and moderate the classroom for visual and auditory distractions.
- ✓ Encourage learners to adapt the environment to meet their needs by, for example, wearing headphones, moving to a quiet environment or taking a walk to support their thinking.
- ✓ Present information in a range of ways over an extended period of time to help learners to retain information, build their understanding and stay focused.
- ✓ Discuss with ākonga the effectiveness of the classroom and make modifications and remove barriers where needed.
- ✓ Use of visual prompts and cues to support understanding and access to learning materials.
- ✓ Make links to background knowledge or previous learning to increase connections.
- ✓ Schedule regular short breaks for physical movement.

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9–13](#)

Suggestion: [Support planning and thinking skills](#)

Date

30 August 2025

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary)

---

## Offer a range of approaches to support planning

Suggestions for supporting learners' planning and organising.

- ✓ Use charts, visual calendars, colour-coded schedules, visible timers and cues to increase the predictability of regular activities and transitions.
- ✓ Encourage learners to use their mobile devices to schedule alerts and reminders for regular and novel events and task deadlines.
- ✓ Highlight patterns, critical features, big ideas and relationships using visuals, mind maps, 3-D manipulatives, outlines, flow charts and real objects.
- ✓ Model and make available graphic organisers and flow charts to support planning and thinking in all curriculum areas.
- ✓ Break tasks and lengthy assignments into small manageable parts. Schedule workflow using [Trello](#) to organise what needs to be done and when.
- ✓ Provide options so that ākonga can submit work online.

Inclusive Education

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9–13](#)

Suggestion: [Support planning and thinking skills](#)

Date

30 August 2025

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary)

---

## Support thinking in multiple ways

- ✓ Highlight patterns, critical features and relationships.
- ✓ Use cultural and narrative frameworks to support retention and thinking.
- ✓ Use visuals, 3D manipulatives, outlines, flowcharts, and real objects.
- ✓ Use mind maps to brainstorm ideas and make connections.
- ✓ Support group and class discussions with visual annotations to prompt later recall of key ideas.
- ✓ Offer ākonga a variety of graphic organisers and flowcharts to support thinking.
- ✓ Give ākonga multiple opportunities to engage with new ideas and concepts.
- ✓ Provide extra time for ākonga to think and process before responding.

[Inclusive Education](#)

From

Guide: [ADHD and learning](#)

Strategy: [Helpful classroom strategies years 9–13](#)

Suggestion: [Support planning and thinking skills](#)

Date

30 August 2025

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-planning-and-thinking-skills-in-secondary)

---

## Useful resources



### Popplet

Popplet is a versatile online and mobile mind-mapping tool that allows users to visually organize information, ideas, and concepts.

Publisher: Popplet

[Visit website](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.