

# Support focusing on tasks

A suggestion for implementing the strategy <sup>1</sup>

Support self-regulation and positive behaviour <sup>1</sup> from the Guide: [ADHD and learning](#)

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- Includes:**
- Provide sensory supports
  - Standing to work
  - Help ākonga to focus
  - Classroom adjustments
  - Maximise hands-on learning
  - Useful resources

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From

Guide: [ADHD and learning](#)

Strategy: [Support self-regulation and positive behaviour](#)

Suggestion: [Support focusing on tasks](#)

Date

23 June 2026

Link

[inclusive.tki.org.nz/guides/adhd-and-learning/support-sensory-integration](https://inclusive.tki.org.nz/guides/adhd-and-learning/support-sensory-integration)

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## Provide sensory supports

Sensory supports can help learners with ADHD feel less anxious and frustrated. Offer these options to everyone.

- ✓ Build in regular movement breaks.
- ✓ Provide something tactile and quiet (a stress ball, a rubber toy) to fiddle with in class to help them to focus and pay attention.
- ✓ Adapt the chair of a learner who needs to move his feet while seated. For example, tie old pantyhose to the front two legs of the chair. Invite them to sit on the chair, placing their feet on the pantyhose and bouncing their feet up and down.
- ✓ Allow learners to take off their shoes and wiggle their toes during times of anxiety, such as tests and exams.

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## Standing to work



Source:

[EDtalks](#)

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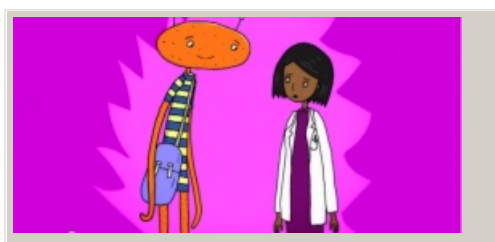
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## Help ākonga to focus

Examples of strategies learners can use to manage their behaviour and increase their attention and focus.



Video hosted on Youtube <http://youtu.be/cxZitV18pfw>

No captions or transcript

**Source:**

[ADHDVoices \(UK\)](#)

<https://www.youtube.com/watch?v=cxZitV18pfw>

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## Classroom adjustments

Build flexibility and supports into the classroom environment.

- ✓ Provide physical activity breaks throughout the day to increase engagement – for example, handing out materials, running errands or dancing to music during tidy up times.
- ✓ Break up longer tasks with short relaxation breaks to give students an opportunity to recharge and refocus.
- ✓ Introduce Swiss balls or a mini tramp into the classroom to allow ākonga to release tension. Movement assists concentration.
- ✓ Support ākonga with ADHD to alternate between different work stations or desks throughout the day.
- ✓ Note that some learners with ADHD experience light, temperature, or noise sensitivity.
- ✓ Schedule activities, such as singing, that promote relaxation.

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## Maximise hands-on learning



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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## Useful resources



### Teaching Methods to Support Pupils with ADHD - Understanding ADHD

A video with practical strategies and supports that teachers can provide to learners with ADHD.

Publisher: My-Progression

[Visit website](#)

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