

Inclusive Education

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

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.

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.
