

# Support thinking

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

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

---

## **Includes:**

Options for student expression

Schedule regular breaks

Using organisational tools

Suggestions for presenting content

Inclusive Education

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support thinking](#)

Date

04 December 2023

Link

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

---

## Options for student expression

Provide a range of ways for students to express what they know.

- ✓ Give students a range of ways to communicate their ideas and complete their work. Encourage them to work on computers.
- ✓ Allow students to choose how to communicate about a topic. Give students with ADHD fewer written tasks and opportunities to present their ideas visually or orally.
- ✓ Provide options for exams – use digital rather than hand-written text or access a supervised reader. If your student also has dyslexia, organise an early assessment for reader/writer support or specialised software for reading/writing.

Inclusive Education

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support thinking](#)

Date

04 December 2023

Link

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

---

## Schedule regular breaks



Source:

[Pixabay](https://pixabay.com/)

<https://pixabay.com/>

[View full image \(1.1 MB\)](#)

[Inclusive Education](#)

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support thinking](#)

Date

04 December 2023

Link

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

---

## Using organisational tools



**Source:**

Ministry of Education | Te Tāhuhu o te Mātauranga

[View full image \(99 KB\)](#)

Inclusive Education

From

Guide: [ADHD and learning](#)

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

Suggestion: [Support thinking](#)

Date

04 December 2023

Link

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

---

## Suggestions for presenting content

Suggestions for presenting curriculum content in different ways.

- ✓ Provide hands-on learning activities or activities that involve movement, drama and interaction.
- ✓ Teach in 10-minute blocks. Many students with ADHD need support with working memory and recall (by holding facts in their heads briefly and manipulating, sequencing, organising, and recording factual information).
- ✓ Order or sequence information simply and clearly.
- ✓ Make use of digital technologies. These provide students with interactive resources, and the ability to pace and control their learning.
- ✓ Use a wide range of visual learning materials, such as video clips, posters, diagrams and so on.
- ✓ Establish peer tutoring. This provides many instructional variables that help students with ADHD to succeed, including frequent and immediate feedback.

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.