

# 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 students to release tension. Movement assists concentration.
- ✓ Support students with ADHD to alternate between different work stations or desks throughout the day.
- ✓ Note that some students with ADHD experience light, temperature, or noise sensitivity.
- ✓ Schedule activities, such as singing, that promote relaxation.

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