

# **Behavioral & Academic Supports For ADHD**

# Supports for ADHD

**Children and adolescents with ADHD often need visual reminders, schedules, and checklists to help them become more organized and more independent. Many times, adults working with children with ADHD provide extended cuing and prompting to encourage them to complete work, get organized, and sustain attention. While this is helpful in the moment, these children and young adults need actual strategies to become more independent and successful on their own. The pages in this document are developed to do just that.**

**By encouraging children to use their own checklists, visual cues, schedules, and written reminders, you will push them to be more independent over time.**

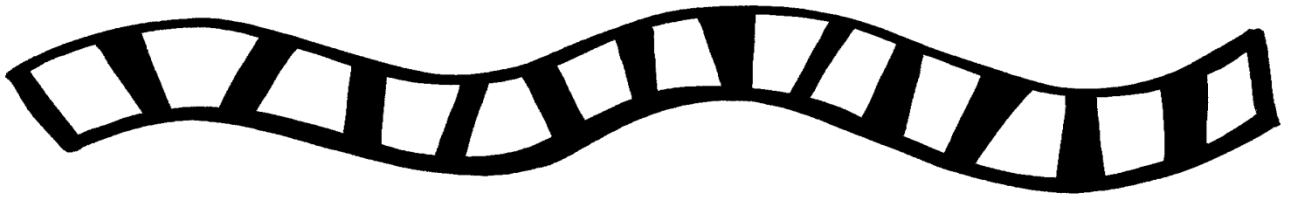
**While using the materials in this document, it may also help to:**

- Directly teach the students how to use checklists and schedules.**
- Model using your own schedules, checklists, and visual cues.**
- Positively reinforce students who independently use the materials.**
- Directly teach executive functioning skills such as task initiation, time management, planning, organization, and prioritization.**

# **Table of Contents**

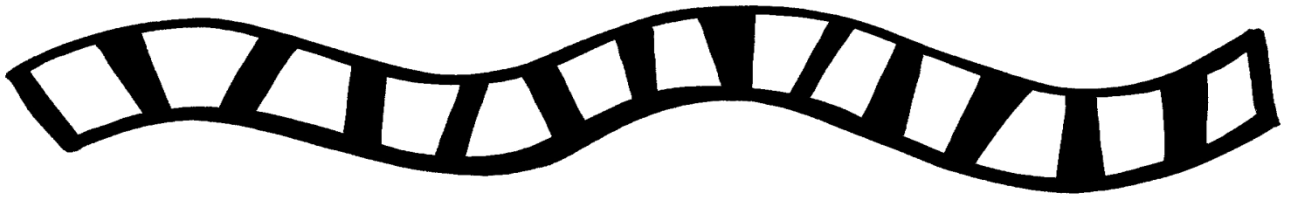
End of the Day Checklist 1	
End of the Day Checklist 2	
Last 5 Minutes Checklist	
STAR – Visual Reminder	
Stop and Think – Visual Reminder	
Ready – Do – Reflect	
Right Now Poster	
Weekly Self-Monitoring (Work Completion)	
Self-Managing Behaviors	
My Think Sheet	
Daily Success Point Sheet	
My Contract	
My Prize Wheel 1	
My Prize Wheel 2 (Blank)	
Reward Menu 1	
Reward Menu 2 (Blank)	
My To Do List	
Weekly Homework Log 1	
Weekly Homework Log 2	
Daily Homework Log	
Foldable Progress Check	

# End of the Day Checklist



- ☐ I cleaned up my work station.
- ☐ I wrote my homework down.
- ☐ I have the books and materials I need for homework.
- ☐ I have my silent reading book.

# End of the Day Checklist



- ☐ I wrote my homework down.
- ☐ I have the books and materials I need for homework.
- ☐ I have my silent reading book.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# Last 5 Minutes Checklist

☐ I have my homework written down in my log.



☐ I put my homework in my homework folder.



☐ I put my papers and notes in the correct spot in my binder.



☐ I checked my schedule to see where I am going next.





STAR

STOP

THINK

AND

RAISE

HAND





# STOP and THINK

Is this on task?  
Is this important?  
Do I need to ask?



# Ready – Do – Reflect

## Ready

- Choose an assignment to work on
  - Gather necessary materials
  - Plan your time
- Manage your time.. “By halfway through, I should have completed \_\_\_\_\_”

## Do

- Eliminate distractions
- Stay focused on the task
- Check-in at the halfway point

## Reflect

- Did you accomplish your task?
- How did you manage your time?
- How could you improve for next time?

**What  
Should  
You Be  
Doing  
RIGHT  
NOW?**

# Self-Monitoring: What Work Did I Complete Today?

	What work did I complete today?
Monday Date: _____	
Tuesday Date: _____	
Wednesday Date: _____	
Thursday Date: _____	
Friday Date: _____	

# Self-Managing Behaviors

Choose one positive behavior that you'd like to increase. It could be raising your hand to talk, starting your work right away, writing your homework down, following directions on the first time, or any other positive behavior you can come up with. Write the behavior where it says "Goal". Then check off a box each time you perform the behavior. Give yourself a special reward when all the boxes are filled. This is a way to self-manage your own behaviors.

## **Striving for Success!**

**Goal:** \_\_\_\_\_


# My Think Sheet

**What mistake did I make?**

---

---

---

---

**What can I do better next time?**

---

---

---

---

**Signatures:**

---

---

---

Daily Success Point Sheet  
Date: \_\_\_\_\_

<b>Class or Time:</b>	<b>Goal #1:</b>	<b>Goal #2:</b>
	<b>0            1            2</b>	<b>0            1            2</b>

## My Contract

Name: \_\_\_\_\_

Date: \_\_\_\_\_

My goals:

---

---

---

My rewards if I meet my goals:

---

---

My consequences if I don't meet my goals:

---

---

Contract review date: \_\_\_\_\_

Signatures:

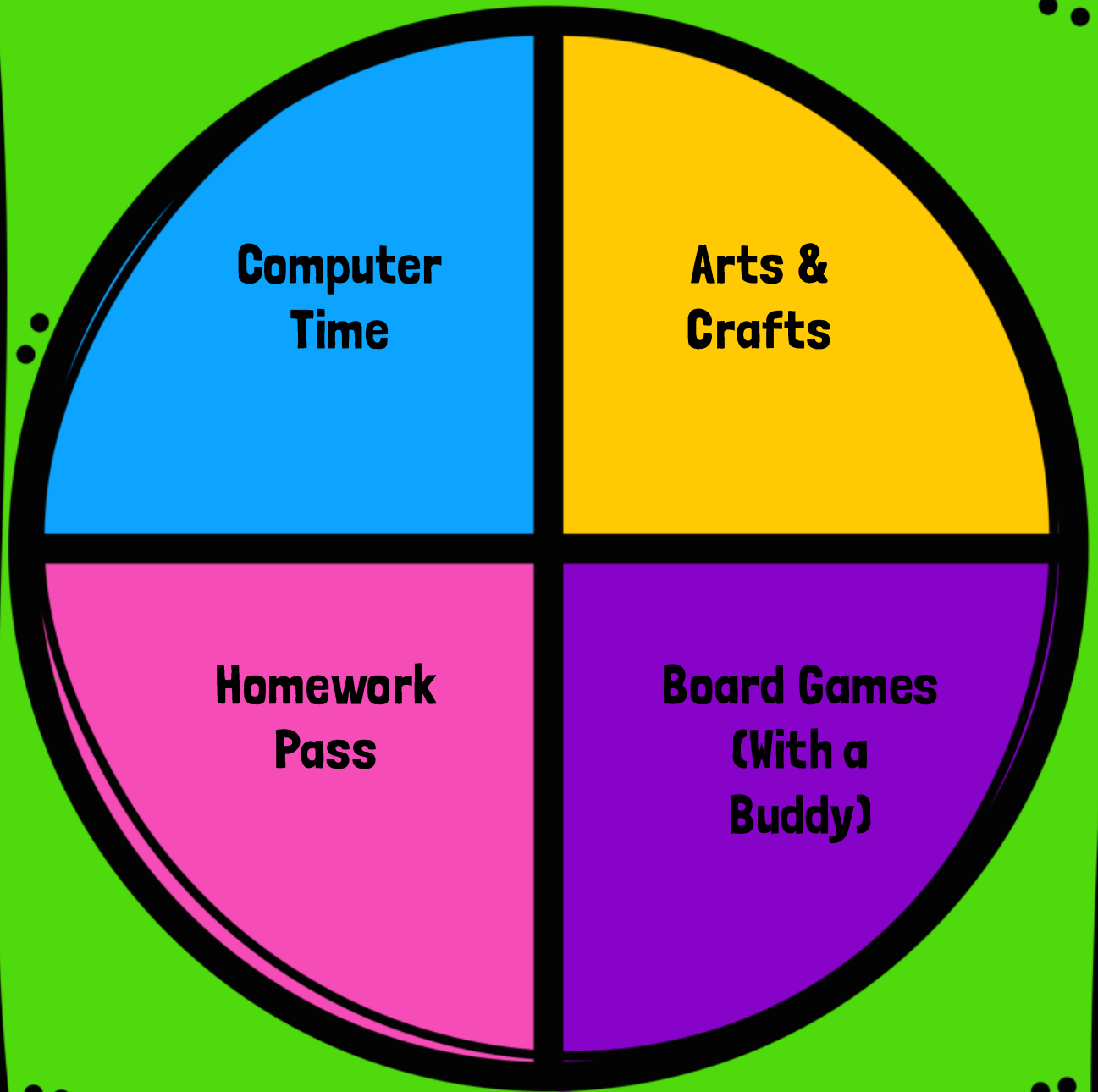
---

---

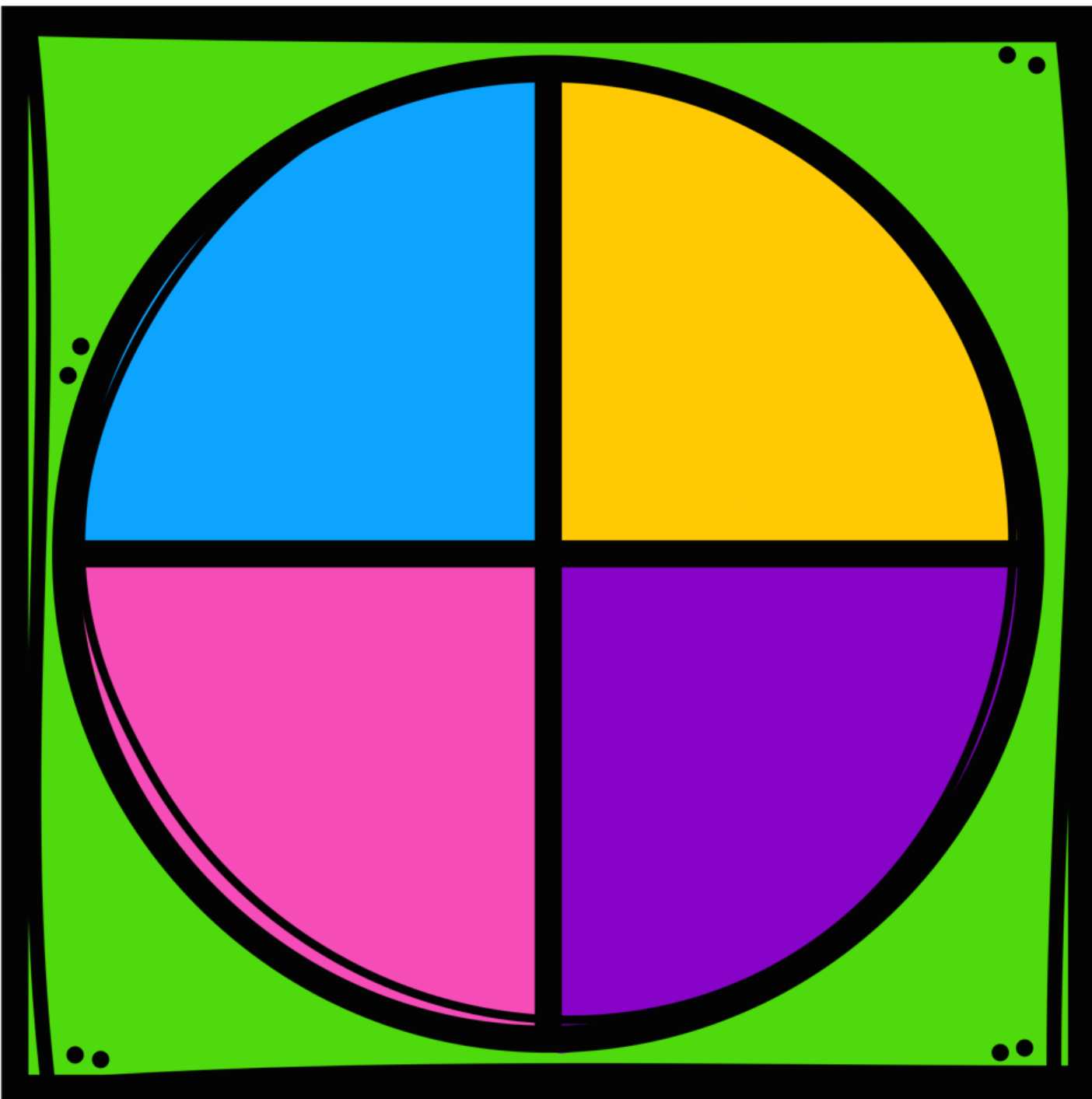
---



# My Prize Wheel



# My Prize Wheel



# Reward Menu

- ☐ Computer time
- ☐ Board games
- ☐ Arts & crafts
- ☐ Homework pass
- ☐ Buddy time
- ☐ Reading
- ☐ Music
- ☐ Lunch with teacher
- ☐ Special helper

# Reward Menu

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

# My To Do List

Assignment / Task	What do I need to complete this task?	Check When Done

# Homework Log

DAY	ASSIGNMENT	CHECK IF DONE
<b>MONDAY</b>  Parent: _____  _____	Math	
	English	
	History	
	Science	
<b>TUESDAY</b>  Parent: _____  _____	Math	
	English	
	History	
	Science	
<b>WEDNESDAY</b>  Parent: _____  _____	Math	
	English	
	History	
	Science	
<b>THURSDAY</b>  Parent: _____  _____	Math	
	English	
	History	
	Science	
<b>FRIDAY</b>  Parent: _____  _____	Math	
	English	
	History	
	Science	

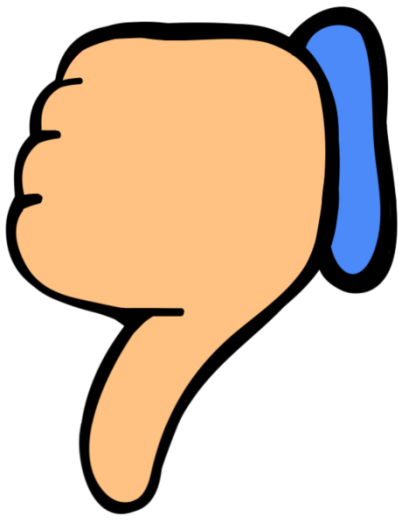
# Homework Log

DAY	ASSIGNMENT	CHECK IF DONE
MONDAY		
Parent: _____		
TUESDAY		
Parent: _____		
WEDNESDAY		
Parent: _____		
THURSDAY		
Parent: _____		
FRIDAY		
Parent: _____		



# Daily Homework Log

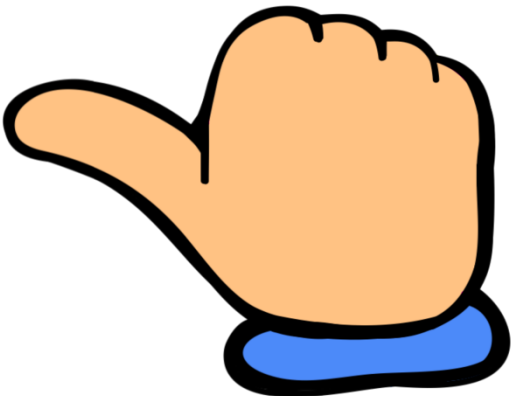
Class	Assignment	Due Date	Check When Completed



**I am stuck and  
need help.**



**I am doing good  
on my own.**

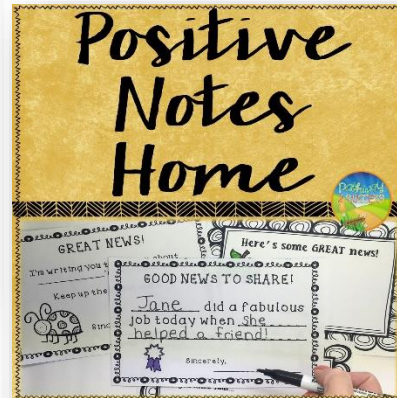
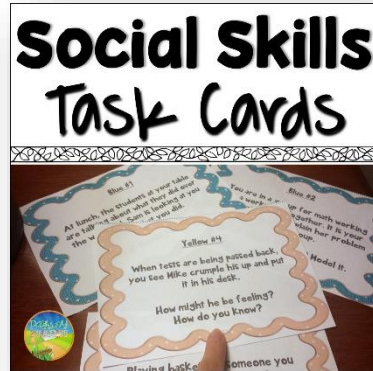


**I need help but  
can move on  
while waiting.**

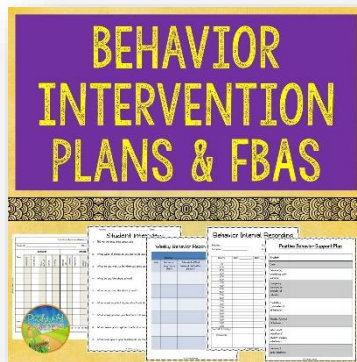
# MORE Behavior & Classroom Management!



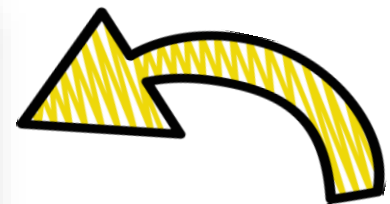
Teach explicit social skills instruction to encourage positive behaviors.



Build in incentives with positive notes home!



Behavior intervention plans and FBAs are critical for dealing with behavioral challenges.



[Click here](http://www.teacherspayteachers.com/Store/Pathway-2-Success) to check out all of my behavior & classroom management materials!

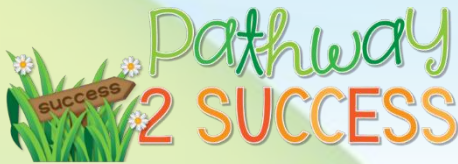


# About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

Follow Pathway 2 Success



[www.thepathway2success.com](http://www.thepathway2success.com)



## Terms of Use

This file comes with a limited use license for the original download only. Please respect the time and effort put into each project by not giving it away to others. Additional licenses can be purchased at my TpT store.

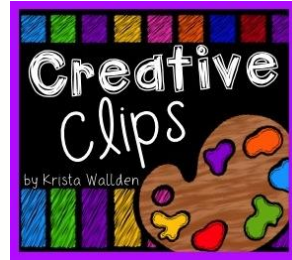
© Copyright 2017 Pathway 2 Success. All rights reserved. Permission is granted to copy pages specifically for student or teacher use only by the original purchaser or licensee. The reproduction of this product for any other use is strictly prohibited. Copying any part of the product and placing it on the Internet (even a personal/classroom website) is strictly prohibited. Doing so makes it possible for an Internet search to make the document available on the Internet, free of charge, and is a violation of the Digital Millennium Copyright Act (DMCA).



Thank you VERY much for your purchase! Once you have used this product, please leave a rating on my TpT store to share your experience with others!

# Clipart Credits

- [Creative Clips by Krista Walden](#)



- [3 AM Teacher](#)

- [Graphics from the Pond](#)

