

# Highwood ADHD ordinarily available support

movement  
breaks



brain breaks



seating plan



prompts



reminders



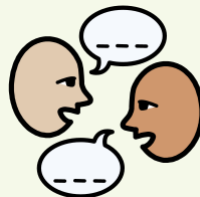
short specific  
instructions



written  
instructions



repeat  
instructions



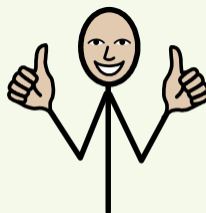
break work  
down



Take up time



Regular positive  
encouragement

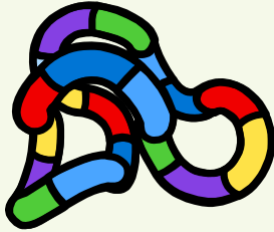


therapeutic  
approach



# Highwood ADHD ordinarily available support

fidget toys



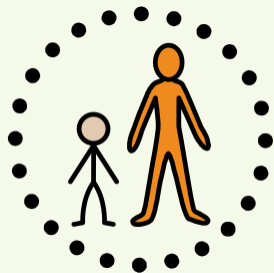
theraband



ear defenders



trusted adult



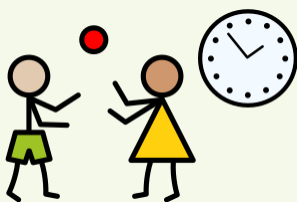
social  
interaction  
support



home-school  
communication



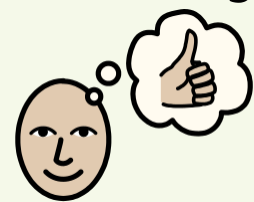
always have  
breaktimes



distraction



positive  
reframing



zones of  
regulation



ADHD aware  
staff



signposting  
support

