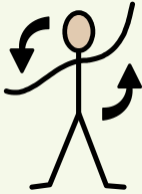


# Highwood ADHD ordinarily available support

movement  
breaks



brain breaks



seating plan



prompts



reminders



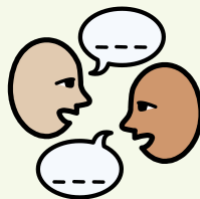
short specific  
instructions



written  
instructions



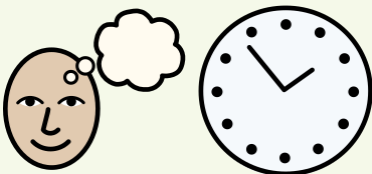
repeat  
instructions



break work  
down



Take up time



Regular  
positive  
encouragement

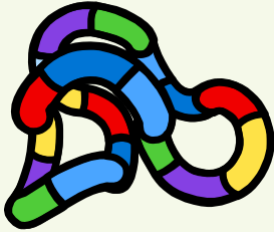


therapeutic  
approach



# Highwood ADHD ordinarily available support

fidget toys



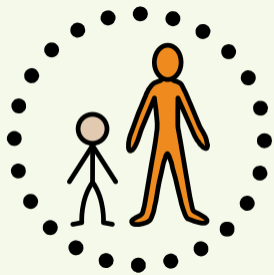
theraband



ear defenders



trusted adult



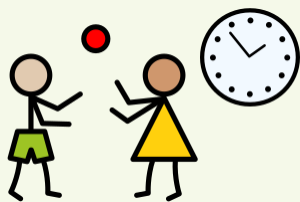
social interaction support



home-school communication



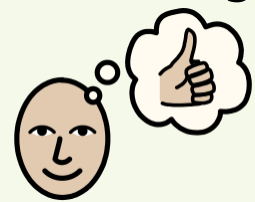
always have breaktimes



distraction



positive reframing



zones of regulation



ADHD aware staff



signposting support

