REMOTE LEARNING TIPS FOR STUDENTS WITH ADHD

READ
Read for 20 minutes every day. Read books, stories, edit your own stories, or listen to audiobooks.

WRITE
Write stories, letters, or notes to friends. Use speech to text to help with a writing disability.

MATH
Practice solving different problems or playing math games.

INTEREST AREAS
Find a topic or hobby you are interested in. Talk about it and explore it.

USE A PLANNER
Use a planner or journal to sort out all of your work, keep track, and keep you ready for school.

HAVE A ROUTINE
Routines help to keep you organized and get things done. Be flexible and find your own balance.

Adapted from “Suddenly Homeschooling” by Margaret Foster at chadd.org/suddenly-homeschooling.