

**For more
information,
scan below**

**Reasonable
adjustments**



**Strategies for
school and
doing homework**



**Attention Deficit
Hyperactivity
Disorder (ADHD)**



**Write down 3 ways
you could use these
tips at school**

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If you need to speak to someone urgently,
please call Lifeline on 13 11 14 or Kids
helpline on 1800 55 1800

**You can also get help
via our online support
service at eheadspace.**



headspace Elsternwick - (03) 9076 7500

headspace Bentleigh - (03) 9076 7400



**Tips to help
manage your
attention at
school**



If you're struggling to focus at school and often feel restless, try these tips out!

1 Set goals

How to do it

- ☐ Set clear, achievable goals, like "I'll finish my math sheet before lunch"
- ☐ Break tasks into smaller steps, like "I'll do questions 1- 3, take a break, and then finish questions 4 - 6"
- ☐ Reward yourself when you're done!

Benefits

Setting goals helps keep you on track, makes big tasks easier, and gives you a sense of accomplishment.

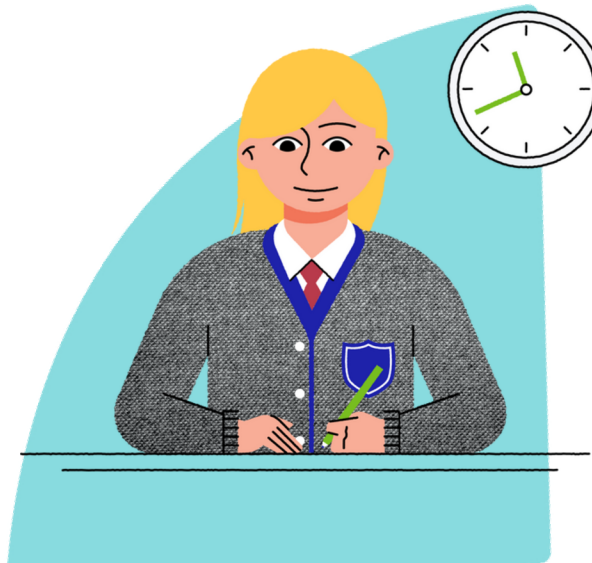
2 Take breaks to move

How to do it

- ☐ Talk to your teacher about how taking breaks like this will help you focus better
- ☐ Pop out of class for 5 minutes to do some movement! This could look like stretching, a quick walk or doing some jumping jacks.

Benefits

Moving during breaks helps you stay focused, burn off energy, and recharge your mind.



3 Use fidget toys

How to do it

- ☐ Talk to your teacher about how using fidget toys keep your hands busy and helps you focus
- ☐ Find a fidget toy that you like and bring it class. It could be a stress ball, a fidget spinner or cube - there's so many options!

Benefits

Fidget toys help release extra energy, keep your hands busy, and improve focus without distracting you.