

ADHD

Complete Bundle



One-Stop
Counseling Shop

K-2

ADHD Complete Bundle (K-2)

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This bundle contains several different activities you can use to help teach school success, executive functioning, and organization skills to students who may be diagnosed with ADHD or have other difficulties, including:

- Brain Breaks
- Social Skills Cards: School Success Pack
- Listening and Following Directions Coloring Activities
- Sequencing Activities for ADHD, Autism, or Executive Functioning Deficits
- On-Task or Off-Task Student Self-Checklist
- Focus Remote Control



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Enjoy!



REMOTE CONTROL

This remote provides a visual reminder for students to self-monitor behavior. The hope is that after they are used to feedback and pushing buttons on the remote, that they will need fewer verbal reminders from adults!

Directions: Have students cut out the remote and buttons and allow them to decorate and assemble it any way they want. Place the remote to their desk and direct them to push various buttons as needed. You say something similar to the following:

Rewind - "Rewind! If you could go back to the beginning, what would you do?"

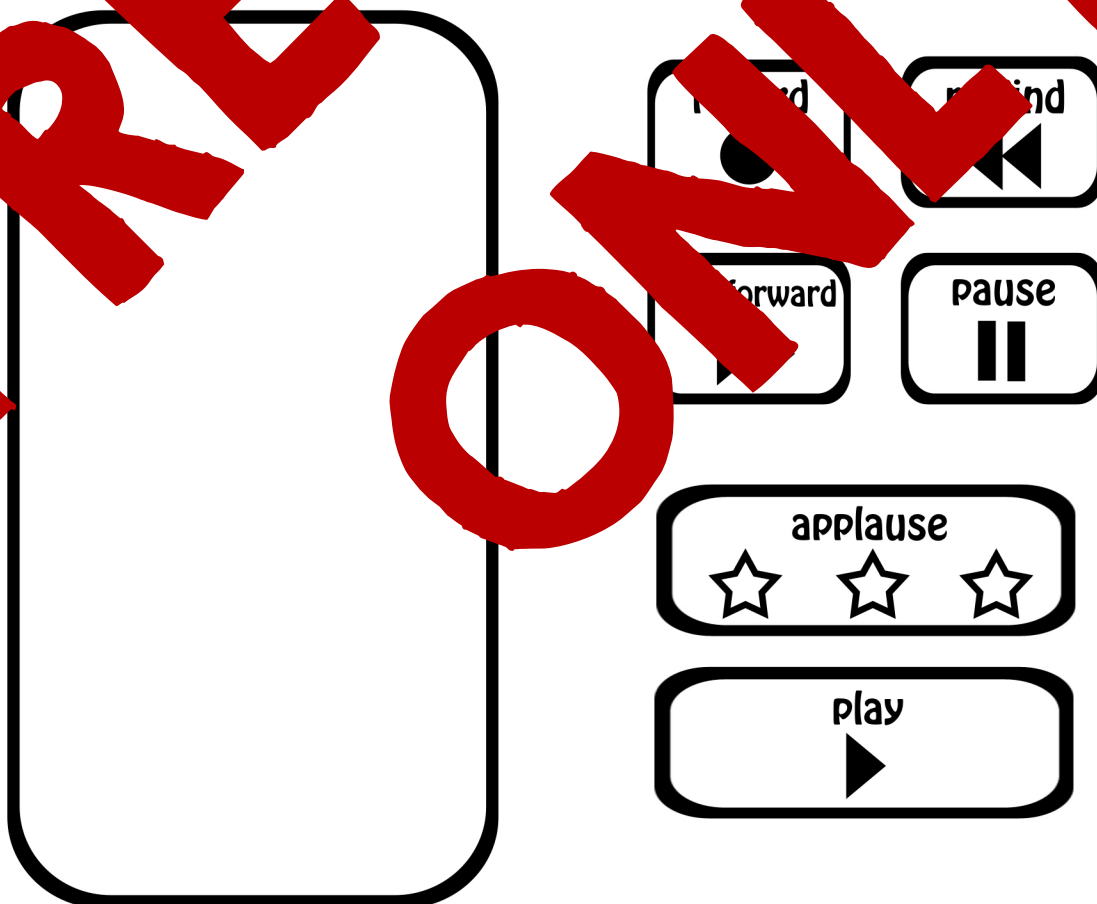
Fast Forward - "Let's fast forward to the future. What happens if _____?"

Pause - "Freeze!"

Play - "Push 'play.' Let's make your behavior go normal speed!"

Record - "Push 'record.' If _____ (preferred adult) saw you making that choice, what do you think _____ would do/say?"

Applause - "Push that applause button. You did a great job!"



ON-TASK OR OFF-TASK?

(C) ONE-STOP COUNSELING SHOP

As you listen to your teacher, try your best to pay attention and follow the rules. When the timer goes off, decide if you were on-task or off-task!

On-Task:

Off-Task

eyes on the teacher

body

lips zipped

doing your work

out of your seat



talking while teacher is teaching

not getting your work done

Which side won? _____