

1) Focus & Behaviour at School (Talking, Forgetting, Distraction)

A) Talking in Class

Talking helps the ADHD brain process info but this can get you into trouble at school sometimes. If your brain wants to let it out giving it a safe place stops it bursting out in class.

Strategies

Write it instead

Keep a small notebook to jot thoughts she wants to say.

Whisper-to-paper

Write exactly what you want to say, then decide if it's still needed or can it wait.

Fidget mouth substitute

Sugar-free gum / chewing necklace/(if allowed) or fidget toy

B) Homework Forgetting

ADHD brains often struggle with remembering to remember. If its not written down, your brain will likely drop it (this is not laziness).

Tools

Same time, same place rule

Homework always checked at the same time each day.

Visual checklist (not in her head)

Homework?

Bag packed?

Planner signed?

Phone reminder with label

e.g. "Future Lia will thank you"

C) Transitions Can Be Tricky

Getting in trouble or arguments can often happen during transitions.

Strategies:

5-minute warning

(internal or external)

Finish the sentence

before stopping work

One-task rule

Only focus on starting, not finishing.

2) Emotional Regulation

Strategies

A) Name the “Emotional Wave” Early

“If you catch the wave early, it doesn’t knock you over.” (See your worksheet for details)

B) Calm Down Tools

These can be used with deep breaths. (Also keep in mind all the others we have talked about in sessions)

1. Temperature Reset

- Cold water on wrists or face
- Holding something cold
- Stepping outside

2. Movement

- Walk
- Shake arms
- Wall push
- Star jumps in private

3. Scripted Safe Phrases

(lots of ideas on your ‘feeling unheard’ resource)

3) Rejection Sensitivity

Tools to learn/teach

A) The “Two Stories” Trick

This helps slow emotional spirals. Ask: What’s the story my brain is telling me? What’s another possible story?

B) Delay the Reaction Rule

Strong feelings feel urgent, but they aren’t emergencies
Encourage: no big texts, no confrontations, no decisions
...until emotions come down

4) Sensory Regulation

(Noise, Touch, Clothing)

Your nervous system notices more, that’s not wrong, it just needs breaks...

Strategies

- **Sit at edge of rooms**
- **Use one ear covered discreetly (you already do this)**
- **Choose soft, predictable clothes**
- **Build in decompression time after school/after being in noisy environments**