

Common classroom accommodations for ADHD

Explore these common classroom accommodations for ADHD. They can help kids at school – and even at home.

Setting up the classroom environment	<ul style="list-style-type: none">• Use flexible seating, like seat cushions.• Make more space between desks or work tables.• Set up a quiet area for work.• Have seating options near the teacher and/or away from high-traffic areas.• Post a schedule of daily routines and rules.
Building organization skills	<ul style="list-style-type: none">• Use an assignment notebook or digital calendar.• Provide a set of books for kids to keep at home.• Keep desks organized with folders and baskets for supplies.• Color-code materials for each subject.• Provide typed notes or an outline of the lesson.• Teach note-taking strategies, like using graphic organizers and mind-mapping software.• Have a buddy take notes for the student.
Giving instructions	<ul style="list-style-type: none">• Give directions out loud and in writing.• Keep instructions simple, clear, and concrete.• Use pictures and graphs to create visual interest.• Provide a rubric that describes a successful assignment.• Help the student break tasks into smaller chunks.
Completing tests and assignments	<ul style="list-style-type: none">• Allow different ways for students to show understanding.• Minimize the number of questions per worksheet.• Use frequent, short quizzes vs. one long test.• Give credit for work done.• Grade for content, not neatness.• Give extra time and a quiet space for working.
Managing behavior	<ul style="list-style-type: none">• Use a behavior plan with a reward system.• Use nonverbal signals to get the student's attention.• Talk through behavior problems one-on-one.• Check in frequently to monitor the student's emotions.

Get to know Understood.org

Our mission

Understood.org is a nonprofit dedicated to empowering families, educators, and women navigating learning differences like ADHD and dyslexia. Each year, we reach over 20 million people with more than 3,500 expert-backed resources, connecting them with the support and community they need to thrive.

How we're making a difference



The **Understood content library** has 3,500+ articles, downloads, and more – in both English and Spanish. Users can choose their own topics to get tailored recommendations.



The **Understood app** is a free skillbuilding app for parents of kids with learning and thinking differences, like ADHD and dyslexia. Learn techniques developed by psychologists to help reduce outbursts and improve your child's behavior over time – all at your own pace.



The **Understood Podcast Network** brings you real talk and personal stories from people who learn and think differently. Listen to award-winning shows like *ADHD Aha!* and *In It*, along with *MissUnderstood* – a channel created just for women with ADHD.



Understood's research and surveys reveal insights and data that help us and others empower people who learn and think differently.

Join us in shaping the world for difference

With your support, we can continue creating more essential resources like these – ensuring that everyone who learns and thinks differently has the tools they need to thrive. Join us in making a lasting impact.

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