



Virgin Care

**Home schooling information
information on the Coronavirus for children and
families.**

Aims of this presentation.

- To provide some ideas on how to home school children with ADHD.
- To provide some ideas on structure.
- To provide a visual way to educate children about the Coronavirus.

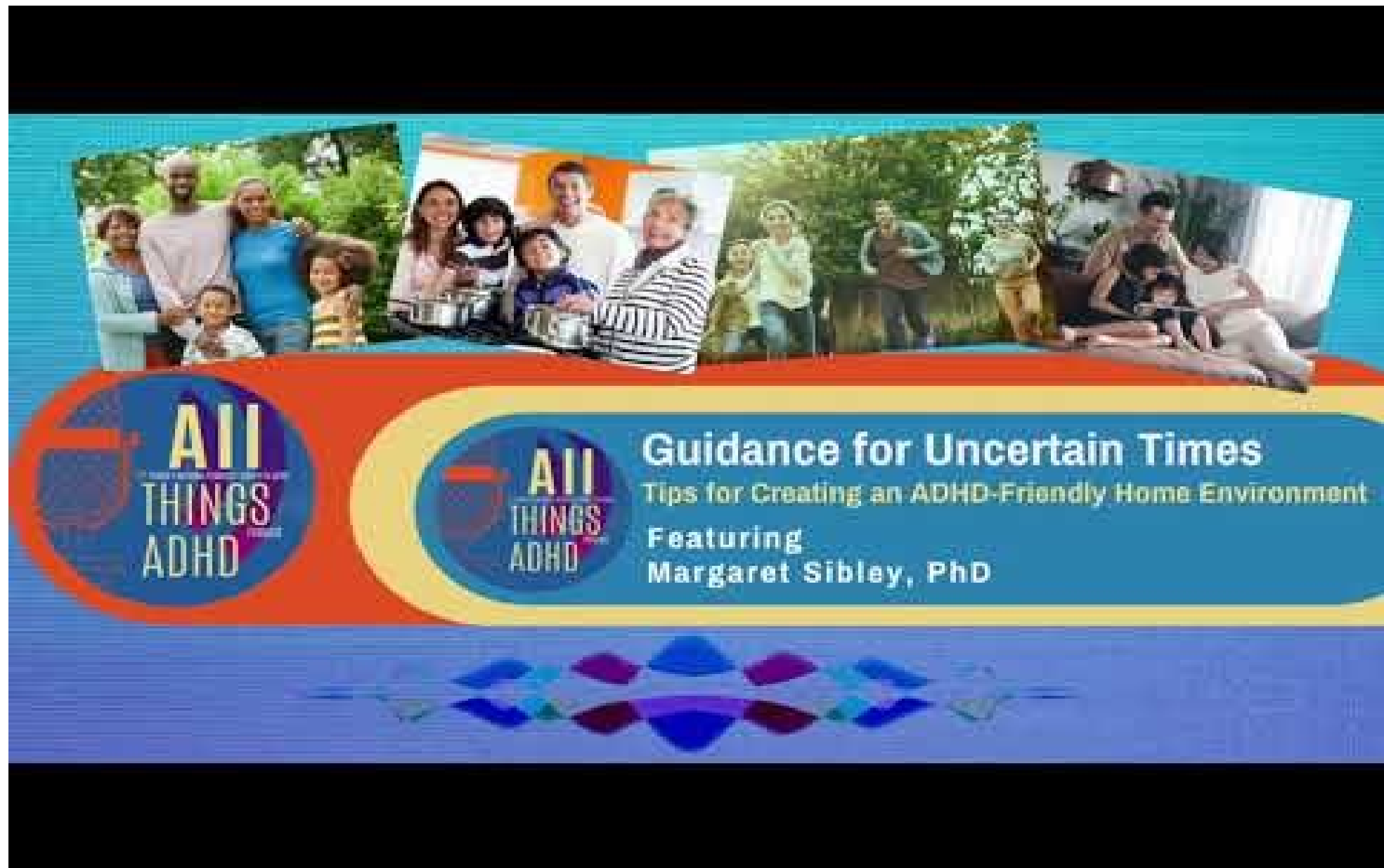
Tips and strategies

- **Sound.** Play instrumental music or calming soundtracks, or give children headphones, ear protection, or earplugs.
- • **Smells.** For students highly sensitive to scents and chemicals, choose different cleaning products and schedule cleaning when school is out
- **Seating.** From kitchen chairs and sofas, to hammocks and exercise balls, students can “sit” anywhere. They can work flat on the floor, at standing desks, or even slide under a mattress if they crave deep pressure.
- **Exercise.** Several families begin the day with physical activity to improve attention. One teen practiced drumming, providing rhythmic exercise and a great upper-body workout. Another teen ran two miles each morning. Between or during lessons, students can do jumping jacks, race around the house, or even bounce on a trampoline when they need to move. Using movement to improve memory works for many students with ADHD.

Tips and strategies continued...

- Homeschoolers can let students use fidgets (small objects to keep hands busy) and see which ones are effective. And, at home there's no rule against chewing gum
- Sound. Play instrumental music or calming soundtracks, or give children headphones, ear protection, or earplugs
- Modified schedule. Parents can assign tougher subjects when students are most attentive. Therapies can be scheduled during the day, when the child is more alert. Students with co-existing conditions miss less instruction when parents can adjust the schedule.

The author of *Staying Sane as You Homeschool* (Learn Differently, 2011), *Encouraging Your Child* (Learn Differently, 2015), and *Homeschooling Your Struggling Learner* (Learn Differently, 2009), Kathy Kuhl speaks and advises parents on homeschooling. Visit www.learndifferently.com for more



Creating Structure and Routine





References and further information

- <https://chadd.org/guidance-for-uncertain-times/>
- Learn different (2011)