

Digital ADHD Resource Round-Up for Teachers



Struggling to meet the needs of your students with ADHD? Check out this list of digital resources! From understanding executive functions to classroom strategies and tools, the links below will help you get your students on the right track.

#1

ADHD & Executive Function

- 📶 [Dr. Russell Barkley explains the connection between ADHD and Executive Function in this short video](#)
- 📶 [A free Executive Function 101 e-book from Understood. It's designed for parents, but works just as well for teachers.](#)
- 📶 [How does attention work? Check out Understood's look at How the Brain Pays Attention.](#)

Developing Executive Functions

- 📶 [The Center for the Developing Child at Harvard University explains executive function development in this short video.](#)
- 📶 [Useable Knowledge presents research-based approaches to teaching social-emotional skills to students.](#)

#2

Classroom Strategies

- 📶 [Watch 5th grade teacher Jon Weinberger explain the strategies he uses to help student with ADHD succeed in his classroom.](#)
- 📶 [Watch middle school teacher, James McKinstry, learn ideas from Pamela Milazzo on how to help students with ADHD in his classroom.](#)
- 📶 [Explore this comprehensive list of effective instructional and behavioral strategies as well as classroom accommodations from the US Department of Education.](#)

#3

Digital Tools for Organization

- 📶 [Students need help with task and time management? The app 30/30 can help!](#)
- 📶 [Apps such as Evernote and can help students stay organized by incorporating tagged pictures of assignments, recordings of directions, task lists, and notes.](#)

#4

Digital Tools for Breaks

- 📶 [Younger students in need of a movement break can benefit from the many video options on Go Noodle.](#)
- 📶 [Older students can benefit from guided meditation breaks with the Stop Breath & Think app](#)

#5