ADHD Alternatives in the Classroom:
Practical Strategies to Improve Behavior and Attention Span in All Kids

Thomas Armstrong, Ph.D.
(www.institute4learning.com)
Kids Who Are Wired Differently National Conference
Las Vegas, Nevada
June 24, 2015

Alternative Paradigms

- Cultural
- Cognitive
- Educational
- Developmental
- Gender Related
- Psycho-Affective
- Holistic

Holistic Paradigm

The Whole Child

Psychological → Cultural
Educational → Developmental
Cognitive → Biological
Gender Related → The Whole Child
Biological Strategies
• Balanced Breakfast
• Feingold Diet
• Allergy-Free Diet

Behavioral Strategies
• Internally-Empowering Behavior Mod
• Contracting
• Positive Time Out
• Immediate Feedback

Cognitive Strategies
• Self-Talk Skills
• Visualization
• Mindfulness Meditation
• Neurofeedback
Educational Interventions

• Multiple Intelligences
• Incidental Learning
• Attention-Grabbing Instructions
• Engaging Computer Apps

Psycho-Affective Strategies

• Expressive Arts
• Positive Self Image
• Positive Role Models
• Positive Career Aspirations

Interpersonal Strategies

• Positive Rapport
• Social Skills
• Peer or Cross-Age Tutoring
Ecological Strategies

- Music
- Color
- Time
- Space
- Nature

Physical Strategies

- Appropriate Physical Movement
- Hands-On Learning
- Physical Relaxation
- Strong PE Programs

References

- Stiles, T. "Helping ADHD Students: 100 Ways to Help Your Students Achieve Success. Scholastic, 2009."
Contact Information

• Email: thomas@institute4learning.com
• Website: www.institute4learning.com
• Blog: http://institute4learning.com/blog/
• Twitter: @Dr_Armstrong