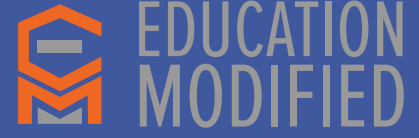# 13 Strategies
for Hyperactive & Impulsive Behaviors

EDUCATION MODIFIED

ACADEMIC

1. Include short "**Brain Breaks**" between lessons and allow students to stand up, walk or move.

2. Collaborate with physical education team to incorporate **activities like yoga or martial arts** to improve student sensory goals, such as awareness of their movements and space around them.

3. Use **non verbal cues** for two way communication: A. to let a student know he/she is off task, and B. a signal the student can also use to let you know he/she needs a break to regroup.

4. Provide approved **fidgets like velcro or stress balls**. Use direct instruction to teach students how to use fidgets for self regulation, as opposed to play.

5. Break up or **chunk assignments into sections** to reduce stress and make each task manageable.

TRY THESE:

One strategy at a time, not all at once.

Keeping a record of what works & what doesn't (if you use EdMod, this can easily be done in Strategy section.)

Talk to other teachers about what has worked for their students.

CALLING OUT OR INTERRUPTING

6. During discussions, **encourage students to write down what they want to say.** This helps to wait their turn as well as stay focused.

7. Teach students to "**stop, look, and listen**" during conversations to notice & interpret their peer's reactions.

8. Provide **sentence starters and sentence frames** for when a student does interrupt or call out. ie: "I'm sorry I interrupted you. Sometimes I'm afraid that I'll forget what I want to say. Go ahead."

9. Take **observation notes** on students' impulsive behavior to share with them. Take student aside privately to calmly point out what impulsive behavior you noticed. They may not realize or recognize impulsive behavior.

10. "**Catch Students Being Good**". Point out & offer praise when you see them managing their impulses.

ORGANIZATION AND TIME MANAGEMENT

11. Create a "**packing list**" for students to reference at the end of the school day as they pack up their backpacks to go home.

12. Provide **a timer and set aside a specific amount of time** to complete assignments, with structured options that students can choose from when they finish, (not "free time"). ie Comic book reading time; Sensory time, Screen time.

13. Encourage **metacognition** when checking in with students while they are working. You can ask questions like, "Are you doing your best work? Do you have enough time to complete this based on how much you have done?"

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