



HYPERACTIVITY AND DISTRACTABILITY

How do you manage the "hyper" student and the student whose ability to screen out irrelevant stimuli is limited?

1. Employ hands-on activities.
2. Eliminate as many environmental distractions as possible.
3. Establish a well-defined work area for the student. This will help to limit outside activities that would detract from their concentration.
4. Use classroom aids such as headphones, videos, etc. Provide for controlled exposures.
5. Pace activities realistically.
6. Incorporate motor skills into activities whenever possible.
7. Use visual auditory activities, using hands and eyes in the lesson.
8. Make an obstacle course and have the students move through it at varying paces.
9. Use a timer. When the timer stops, students may have a short break. Never use a timer to speed up work, for it will cause tension and frustration rather than increase skill.
10. Use a "time-out" period to reward a hyperactive student who has spent time doing correct activities.