

# A Heart For All Students

Hey Friend!

Here are some bonus resources. Yay!

So excited for you to make some serious traction with your child.

Praying these resources help you and your child move forward on to your next steps forward.

- [Episode 25: ADHD Homeschool Teaching Tips: Harness the Power of the ADHD Brain](#)
- [How To Help A Child Who HATES Math](#)
- [Episode 23: Tips When Parenting An Angry Kid](#)
- [Episode 31: Mom Burnout- Why We Keep Trying](#)

Your child is a gift to this world and can thrive when equipped based on their own unique needs.

Get excited! Things are about to change! In this with you! Check your email soon. I've got some special fun for you!

xo Lindsay

I'm already excited for you  
& your child.  
Can you tell?!!



## HARNESS THE POWER OF THE ADHD Brain

### Prime the Brain & Body for Learning

#### Vestibular Input

Swing, ride a scooter, cartwheels, log rolls, inverted yoga poses

#### Proprioceptive Input

Climbing, monkey bars, push-ups, fill laundry baskets w heavy items & push them around the house, pillow fights. Always think "deep pressure."

#### Adjust Time Expectations

Even 5 minutes of a new or challenging concept can be torture. Set a short time expectation ahead of time & stick with it. Small chunks of focused learning beats hours of misery every day.

#### Obstacle Course

Place learning materials throughout the house in a learning obstacle course

#### Adjust Seating & Workspace

Sitting at the table is not the only way to learn... adjust seating, sensory cushion, chair band, or learn on the floor. Adjust workspace by using a slanted board or binder (this can help with potential eye convergence issues).

#### Warm-Up The Eyes

Try tossing a balloon in multiple directions. Have child track a large pencil topper w/ eyes. Play eye movement Simon Says (stick with a predictable pattern & adjust once it becomes more fluent).

#### Check the Lighting

Steer clear of fluorescent lighting. Use natural lighting when possible. Outdoor learning can be an incredible blessing (if not too distracting).

#### Remove the Clutter

Too much text on a page can overwhelm the sensory system, especially when under the extra stress of learning something new. Use a white board and write one math problem at a time. Choose reading materials with larger font and less text on a page. Use reading windows.

When in doubt, I highly recommend seeking a private occupational therapy evaluation to assess potential learning barriers.

## 6 TIPS TO ENGAGE THE ADHD BRAIN



### 1 MOVEMENT

Include proprioceptive and vestibular input.

Have your child:

- Swing on swingset while practicing math facts.
- Jump on trampoline while you read aloud or review spelling words



### 2 REDUCE THE LENGTH OF LESSONS

When your child knows that lessons will be short, anxiety decreases. This allows your child to expend more mental energy on the lesson and therefore, more effectively learn.

Don't buy into the misconception that more time equals a better outcome. Not true. Short lessons over time will yield fruit.



### 3 PLAY HIDE & SEEK

Use games and play to increase attention and motivation.

Play Hide and Seek with vocabulary cards, multiplication facts, or pictures of the presidents you may be studying.



### 4 WARM UP THE EYES

Reading & writing requires focused movements of the eyes. For many children, the brain has to work very hard to track text on a page. This extra energy drains kids of capacity to focus on the important things. Warm up the eyes by playing eye movement Simon Says.



### 5 BALLOON TOSS

Tracking a balloon visually warms up the eyes and also connects the two parts of the brain by the hand eye coordination it takes to toss the balloon. The motivation to win keeps kids engaged while priming the brain for learning.



### 6 CLEAN UP: ELIMINATE THE CLUTTER

Visual clutter makes adults anxious and stressed out. Hello, Marie Kondo! It is no different for children. Reduce the amount of text on a page to remove obstacles to true learning.

When introducing a new concept, or when working on a concept that is challenging for your child, grab a small white board and write one math problem at a time.

## MY FAVORITE ADHD Brain Books & Resources

### Priming The ADHD Brain To Learn All The Things Academics, Behavior & More

#### Books: ADHD, Learning Differences & Behavior

- Taking Charge Of ADHD by Russel A Barkley
- Smart But Scattered, The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential
- The Explosive Child By Dr. Ross Greene
- Behind The Behavior: 4 Steps To Capture & Influence Your Child's Heart, Beliefs & Behaviors
- The Boy Who Was Raised As A Dog: What Traumatized Children Can Teach Us About Loss, Love, and Healing

#### ADHD, Executive Functioning Websites/Podcasts

- A Heart For All Students Podcast

#### Resources To Support Uniquely-Wired Learners

- How to Choose Homeschool Math For Your Unique Learner
- Homeschool Math For Struggling Learners
- How To Help A Struggling Reader
- Help! My Child Hates Writing
- Six-Minute Thinking Skills by Janine Toole, PhD
  - This entire series is phenomenal. Includes titles such as:
- - Following Directions
  - Describing Skills

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# Sensory Systems & Self-Regulation In Your Home & Homeschool

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