

ADHD SUPPORT

Help for ADHD, AD/HD, and ADD.

ADHDSupport.com Homework Planner

Student's name: _____

Date: _____

Writing out each assignment as soon as your child receives it will help you and your child remember the work that needs to be finished and help keep your child on track.

Organization of time and completion of school work may be encouraging for your child.

| Subject | Homework | Due Date | Completed? |
|------------------------|----------|----------|--------------------------|
| Math | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Science | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| English/Language Arts | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Social Studies/History | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Art | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Other | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Other | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| Other | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |

Helpful hints to try with your child at home

- Getting clothes ready, homework done, and book bag packed the night before school
- Getting plenty of sleep so concentration may be easier the next day
- Eating breakfast every morning before going to school

Here are some ideas that might help your child concentrate better in class. You may talk to the teacher about them.

- Sitting away from other students who may be distracting
- Setting up a special quiet study area
- Sitting in the front of the room and away from the windows
- Sitting near a student who can be a "study buddy"