

Break Down Directions

Why should I do it:

- Some students get overwhelmed by too much information on a page
- Students who are dealing with ADD/ADHD tend to have difficulties with breaking up directions
- Provides student with small, frequent, attainable goals
- Helps focus students on specific parts and tasks
- Increases understanding and follow through

When should I do it:

- When a student shows signs of being overwhelmed
- When you are aware of an ADHD/ADD diagnosis either by school or outside school
- When student is reluctant to start work
- When a student completes work incorrectly frequently

How do I do it:

- Re-read directions to the student one part, section, or task at a time
- Simplify your language
- Be very concise and clear
- After explaining one part or re-reading one section of the directions, show the student and point to what you are talking about on the page
- Have the student repeat and explain each part of the directions back to you and then all the directions after they have all been gone over
- After explaining the directions fully, do one or several problems or items with the student
- Allow a break after student completes a portion of the work

Resources & Support for technique: *(Items with footnotes link to external websites)*

- Break Down The Assignment Into Steps ¹
- Teaching a Child With ADHD ²
- ADD/ADHD and School ³

Footnotes:

1. Teach 2 Write, A Guide for Teaching Writing, Office of Instructional Development, UCLA. *Break Down The Assignment Into Steps*. [<http://write.oid.ucla.edu/3-prepare/break-down-assignment>].
2. essortment.com. *Teaching a Child With ADHD*. [http://www.essortment.com/all/adhdteaching_ren1.htm].
3. Block, J. and Smith, M. *ADD / ADHD and School: Helping Children with ADHD Succeed at School*. [http://helpguide.org/mental/adhd_add_teaching_strategies.htm].