

STRESSLESS EDUCATIONAL SERIES

**STRESSLESS**  
With

# OVERCOMING ADHD CLASSROOM CHALLENGES



W O R K B O O K

THIS RESOURCE IS RATED  
Parent | Teacher



OVERCOMING ADHD CLASSROOM CHALLENGES

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# Positive Attributes of ADHD

ADHD receives considerable negative media attention and struggle in school because education systems are typically geared toward auditory learning (lecturing), and ADHD students learn more by Visual and Tactile Learning. The biggest hurdle for most ADHD students is school and once they get through their education and find what it is they are made to do they are unstoppable. Here are several examples around us of famous or successful people with ADHD. Albert Einstein, Thomas Edison, Terry Bradshaw, Salvador Dali, Jim Kerry, Robin Williams, CEO's of 90% of the Fortune 500, Pastors of Large Churches, and Most Professional Athletes.

Below are some positive traits of people with ADHD:

1. Usually has a Sense of Humor
2. Open and Usually Not Secretive
3. Responds to Positive Comments about their Work
4. Quick at Completing Things they Enjoy Doing
5. Intense when Interested in Something; Full of Energy
6. Sensitive, Passionate
7. Spontaneous
8. Creative, Artistic, Inventive, Original
9. Eager to be Accepted and Willing to Help/Please
10. Does not Hold Grudges
11. Entrepreneurial



# Pre-School Symptoms of ADHD

1. “restless, always up and on the go, acting as if driven by a motor, and frequently climbing on and getting into things.”

2. ODD co-morbid if parents have mental disorders, marital and alcohol problems (Barkley, 1998)



# Middle Childhood Symptoms of ADHD

1. More social problems develop: sitting still, attending, listening, obeying, inhibiting impulsive behavior, cooperating, organizing actions, following through on instructions, sharing, playing well, and interacting socially.
2. 20-35% will be diagnosed with a reading disorder during this time span.
3. The level of parental and teacher negative feedback increases and self-esteem decreases, leading to a sense of rejection and depression.
4. 40%-60% diagnosed as ODD
5. 25%-40% have symptoms as Conduct Disorder
6. 60%-80% are now on stimulant medication
7. 30-45% are receiving special education services (Barkley, 1998)



# Adolescent Symptoms of ADHD

1. 80% still show ADHD symptoms although hyperactivity is usually improved
2. 25% begin to develop major depression symptoms
3. 25%-40% show ODD and CD symptoms
4. 30-58% failed at least 1 grade
5. Significantly higher incidence of traffic violations and accidents
6. More Accidents/Citations (speeding)
7. Worse Accidents (2-3x \$ & injuries)
8. Higher incidence of other legal offenses during adolescence, including drug and sexual offenses
9. Educational Problems:
  - 25-35% Retained
  - 60% Suspended (18%)
  - 14% Expelled (5%)
  - 30-40% Drop out (9%)
  - Lower GPA (1.7/2.6)
10. Social Relationship Problems (75%)
  - Fewer Close Friends
  - Shorter Dating Relationships
  - Greater Use of Alcohol & Marijuana
  - More use of cocaine and speed (300%-400% greater risk)
11. Sexual Activity
  - 38% of teen pregnancies (4%)
  - 54% Do not have custody of offspring
  - 16% Treated for STDs (vs. 4%)

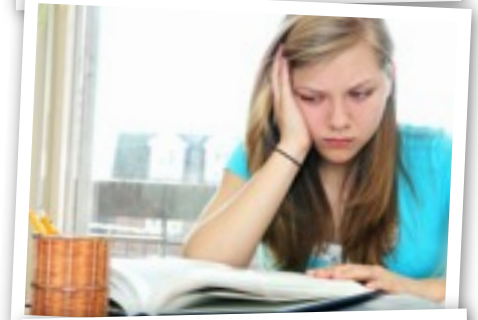


# 15 Symptoms of Social Delay

If you can answer two or more of these symptoms about yourself or your student, this may indicate a need for help to connect socially with your peers and to prepare for the real world.

Here are a few symptoms to look for:

1. Unable to recognize non-verbal cues
2. Tendency to get in peers' personal space
3. Annoy others to get attention
4. Low self confidence
5. Poor eye contact
6. Only interested in myself/or them-self rather than taking an interest in peers
7. Talk too much
8. Lack assertion
9. Impulsive or blurt out responses
10. Try too hard to make friends laugh
11. Inability to roll with conflict
12. Have a need for justice and fairness, and judges peers
13. Isolate or withdraw from peers
14. Always want to be first or want things my/or their way
15. Friends do not call to hang out!



# Food for Thought

Hey Dad . . . home for lunch!” It was the middle of the day in Portugal and my nephews came home from school for lunch. He told me his kids come home from school everyday for lunch around noon and walk back to school around 1:30pm. During our call I recalled this happens in most countries across the globe. Students in most countries have the following routine and eat up to 2-5 lbs of carbohydrates, starch & sugar per month:

- Eat breakfast and burn carbohydrates off walking to school
- Walk back for lunch
- Burn carbohydrates off walking back to school
- Walk home about the time their parents are home from work
- Eat a snack and do homework
- Go outside and play to burn off the carbohydrates again
- Eat dinner and get ready for bed

In our country the average student eats 21 lbs of sugar per month or 5 lbs per week (4 times the worlds average consumption per person).

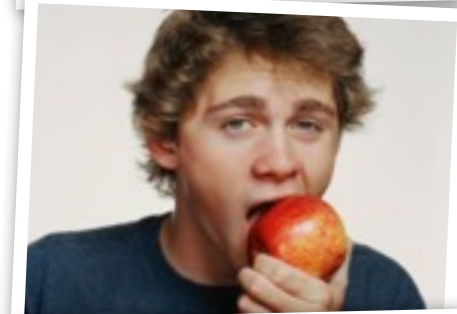
- Eat breakfast and sit in a vehicle and carbohydrates turn to sugar
- Eat lunch and sit in class and crash mentally from the sugar rush
- Sit in a vehicle on the way home
- Eat a Snack and and carbohydrates turn to sugar then another sugar crash and sit to do Homework
- Play on the computer or video games until parents get home.
- Eat dinner, sit around watching T.V. and get ready for bed

**Carbohydrates Purpose:** Sugar and carbohydrates are meant to give us a burst of energy for us to burn. However due to our fast pace and how far we live from school and work we eat carbs (cereal, pancakes, waffles, Pop Tarts) and sit, eat and sit, eat and sit, each day! Additionally, carbohydrates are easy and convenient and as Americans we love convenience.

We are the #1 “Consumers” in the world and thus “consume” 6 times more carbohydrates than the rest of the world. So how does what we eat (too many carbohydrates and sugars) effect us?

- **Magnesium Deficient:** 80% of students in America are deficient in Magnesium. If we consume too many carbohydrates our bodies cannot absorb Magnesium. Magnesium is calming, helps us manage stress, increases focus, and it’s a natural muscle relaxer.
- **Calcium Deficient:** If we do not absorb Magnesium it’s difficult to absorb Calcium which has many health benefits including improved sleep patterns, bone growth and density, it calms and helps with focus.

Endorsed by Alice Baker, RD, LDN - Registered Dietician





# Food for Thought cont.

- **Chromium Deficient:** Too many carbohydrates also effects the absorption of chromium which helps to balance our sugar levels.
- **Overweight:** 1 out of 6 children are obese and 1 out of 3 are overweight.
- **Heart Problems:** 25% of kids between 6-10 years of age have high blood pressure and at risk for hypertension and heart disease
- **Carbohydrates are meant to be Burned.** Unused carbohydrates causes spurts of energy, multiple mental energy crashes (trouble focusing on uninteresting tasks at school or work), the strong desire for more carbs and increased appetite, and weight gain.
- **Carbohydrates Crashes** happen each time we eat too many carbohydrates and effects our mental energy more and more throughout the day as we expend energy. Making it more difficult to do homework, household chores and tasks and effects our moods and how we handle frustration.
- **Diabetes:** Diabetes cases in the United States are 95% preventable but recently moved up to the #5 cause of death in Americans.

## What can we do about this?

- **Think, Feel & Act Better:** Changing how we eat directly effects how we think, feel, and act!
- **Boost Mental Energy:** Encourage more exercise and physical activity with sports, recreation, family walks, biking, etc. Morning walks clears and stimulates the mind and gets it in gear for school. **Limit computer and video games** to 30-60 minutes per day to encourage social and play interaction with peers.
- **Boost Mental Energy:** Increase the Protein to Carbohydrate ratio (consult with a dietician). Moderation is the key; if we eat more sugar than complex carbs we miss out on the vital fiber (fruits), and B vitamins.
- **Increased Productivity:** Start today to modify how we eat at home, work and school and see a huge difference in improved focus, productivity and energy levels.
- **Improve Bedtime Routine & Sleep:** Eat light meals at night with some carbohydrates to help us crash at night and improve deep sleep. **Light Meals at Night:** Avoid Red Meat and Pork at night as it takes 8-12 hours to metabolize. When we metabolize we create mental energy and have trouble getting to sleep as our body is tired but our mind is energized. Dinner time is the time we should be winding down.
- **Picky Eaters:** If kids are picky eaters discuss vitamins and supplements with your doctor. Use incentives for your child to try new things.
- **Please consult with your physician,** dietician or nutritionist about this information as everyone's nutritional needs vary.



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# Dietary Suggestions

In order to maximize our mind, and improve focus follow the following suggestions:

- **Hydrate:** Drinking an ounce of water for every 2.2 pounds.
- **Increasing Physical Activity** to 20-30 minutes per day: swimming, running, sports, walking the dog, etc.
- **Limiting Electronics:** Limiting television, computer and video games to 30-60 minutes per day during the week.
- **Protein with every meal or snack!**

**Elimination Diet:** Below are list of some of the more common food allergies or additives that may contribute to inattention, impulsivity, anxiety, depression, hyperactivity, irritability, mood swings, and more.

Eliminate all of the below and introduce one back in at a time to determine which of the below are the culprit. Intuitively, our bodies will react to tell us what it does not like.

Consult with your physician to rule out one or more of the below potential allergens or try eliminating all of these items.

- **Artificial Colors:** Red, Orange, Yellow, Purple, Green
- **Artificial Sweeteners:** Splenda (Sucralose) or Sweet n Low (Saccharin) - **Alternative:** Stevia or Truvia
- **Dairy:** Hormones, pesticides and antibiotics injected in cows can be an irritant or bring on early puberty.  
**Alternative:** Organic Milk, Almond or Rice Milk
- **Processed Meats:** Hot Dogs, Chicken Nuggets, Cold Cuts  
**Alternative:** Boar's Head Meats.
- **Processed Breads:** White Flour Bread, Ground Whole Wheat Bread. In some cases Wheat or Gluten can be an irritant. **Alternative:** Whole Grain Breads
- **Organic Fruit & Vegetables:** Pesticides on non-organic fruits & vegetables are linked to inattention. **Note:** Organic Vegetables and Fruits need to be cleaned well.
- **Other:** Preservatives, Sometimes Chocolate

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# Food for Thought

What to Eat for Breakfast: Protein/Fruit	What to Avoid
1/2 bowl of Total Protein, Total Raisin Bran or Kashi Crunch	Most Cereal
Smoothies: Put 1/2 cup of Fresh Frozen Fruit in a Blender, & Fill to top of fruit level with Almond Milk or OJ, with 1-Chobani Greek Yogurt or 1-2 scoops of Jay Robb Egg or Whey Protein Powder.	Pancakes, Fruit in Sugar Syrup, Canned Fruits
Eggs: Egg Casserole, Hard Boiled, Omelet, Scrambled, 2 egg Half Sandwich (one slice of bread)	English Muffins, Pop Tarts, Toaster Strudel
Meats: Red Meat, Pork, Sausage, Steak, Bacon, Chicken, Turkey, Ham	Waffles
Poultry: Chicken or Turkey Products, Turkey Ham, Turkey Bacon & Turkey Sausage	Donuts
Peanut Butter, Greek Yogurt, 1/2 Cup of Organic Fresh Fruit	Bagels
Protein Bars: Detour, Balance & Pure Protein Carbohydrates should be no more than two times the amount of Protein.	Sugar, or Carbs
What to Eat for Lunch: Protein/Vegetables	What to Avoid
Salad with Protein: Tuna / Chicken, Beef or Ham (Boar's Head Meats)	Whole Sandwiches (A Sandwich has 4 servings of bread) & Bagels
Meat, Vegetables, Nuts, Cheese Sticks, String Cheese, Jerky without preservatives, Nathan's or Kosher Hot Dogs	Fried Foods, French Fries & Tater Tots
Rolled Non-Processed Cold Cuts & Cheese in Whole Wheat Wraps	Hamburger, Hotdog Buns & Sub Rolls
<b>SNACK IDEAS:</b> Protein Bars: Detour, Balance & Pure Protein should be no more than 2 times the amount of Protein.	Desserts, Cookies & Ice Cream
<b>SNACK IDEAS:</b> Cheese Sticks, Greek Yogurt, Nuts, Sunflower Seeds, Cold Cuts & Soy Beans	Chips, Soda, Energy Drinks, Sugar, or Carbs
What to Eat for Dinner: Poultry or Seafood with Carbs/Vegetables	What to Avoid
3-4 ounces of Seafood and Poultry served with pasta or rice. Should have protein with every meal.	Red Meat & Pork takes 8-12 hours to digest.
Whole Grain Pasta or Bread, Pizza, Chips, & other Carbohydrate Snacks	Red sauces keep some people awake at night
Whole Grain Rice or Jasmine Rice (1/3 cup serving size)	Caffeine after 2pm
Salad, Vegetables	
Cereal, Bagels, Waffles, Ice Cream	
Baked French Fries or Tater Tots (stick to serving sizes)	



Eat light dinner meals so you are completely digested by the time you go to bed. Routine time is important & can help your child go to bed easier, sleep deeper & wake up easier. 5:30-6:30 p.m. is recommended time frame for dinner.

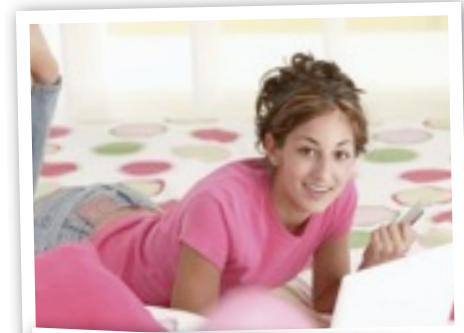
# ADHD Supplements - Sample

K - 2nd Grade Liquid/Chewables	A.M.	After noon	Notes

3rd Grade - Adolescence	A.M.	After noon	Bed Time	Notes

Adolescence - Adults	A.M.	After noon	Bed Time	Notes

Add for Anxiety	A.M.	After noon	Bed Time	Notes



This is a Template for the ADHD Vitamins for various age ranges.

To get the complete list of vitamins [Download at TotalLifeCounseling.com/Shop](http://TotalLifeCounseling.com/Shop)

Consult with your physician before using these supplements. These supplements are most effective when following the Dietary Considerations guidelines (Page 4) (increased protein to carbohydrate ratios).

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## OVERCOMING ADHD CLASSROOM CHALLENGES

# WORKBOOK

ADHD resource for teachers who want information and help about dealing with ADHD in the classroom. Handouts and material for teaching students with Attention deficit disorders. Included are all the handouts referenced in the ADHD DVD:

1. Various customizable school checklists for different grade levels
2. Homework recommendations
3. Supplements
4. Dietary suggestions
5. Resolving conflict
6. Accommodations and more.

"Get in the Head" of an ADHD Student with this ADD video as empathy is the key to teaching, parenting and treating the ADHD student. This approach is a positive refreshing, and holistic approach to treating ADHD.

Topics include:

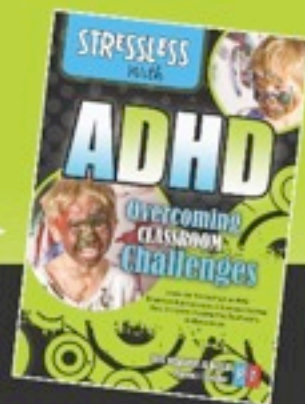
1. What is ADHD?
2. Myths about ADHD
3. What ADHD can lead too
4. Motivators, Celebrities with ADHD
5. Keys to Compliance
6. Positive Reinforcement
7. Token Systems
8. Point Systems
9. Behavior Management
10. School Accommodations
11. Defusing the Student
12. Conflict Resolution
13. Effective Treatments and
14. Alternative Treatments instead of Medication

Learn cutting edge interventions to treat children ADHD with or without medication, using non-invasive neurological therapies, FDA approved supplements, and more.

### VERY POPULAR:

Jim West's, *Subcontracting Chore Chart*

- Give family a time to complete chores and siblings check behind each other!
- If a chore is not done the sibling asks parents to do the chore for their brother or sister.
- Brother or sister pays sibling with their allowance for doing their chores!
- You will not have to tell your kids to do their chores because the siblings will be checking behind each other to make extra cash.



DVD Series:

Purchase the optional DVD Resource as a great companion to this Workbook.

THIS RESOURCE IS RATED  
Parent | Teacher



### ABOUT THE AUTHOR | JIM WEST

Adolescent Expert, Jim West offers expert advice to Local and National TV News & Schools Internationally and provides phone or face-to-face counseling in the Orlando area. Jim is an Author, Communicator, School Consultant, Nationally Certified and State Licensed Counselor and specializes in counseling for Attention Deficit Hyperactive Disorder (ADD/ADHD) and Oppositional Defiance Disorder (ODD). Contact His Office at (407) 248-0030 for speaking engagements/consultation.