

Strategies to Motivate Students with Attention Disorders or Other Challenges

CATEGORY	STRATEGY	DESCRIPTION
Personalized Goals	Personalized Learning Goals	Tailor learning objectives to each student's strengths and interests to make learning more relevant.
	Setting Achievable Goals	Break tasks into smaller, more manageable steps, and celebrate each achievement to maintain motivation.
Encouragement	Positive Reinforcement	Use praise and rewards to encourage positive behavior and academic effort.
Learning Environment	Flexible Seating and Movement	Allow students to choose their seating or provide opportunities for movement during lessons to stay focused.
	Clear and Consistent Structure	Establish a routine that students can rely on, helping them feel secure and focused.
Teaching Methods	Interactive and Hands-On Activities	Engage students with activities that require active participation, which is effective for those struggling with traditional teaching methods.
	Collaboration and Peer Learning	Encourage group work and peer interaction to motivate students.
	Incorporating Technology	Use educational apps and games designed to hold the attention of students with specific challenges.
Time Management	Regular Breaks and Brain Breaks	Incorporate short, regular breaks to help students reset and refocus.
Well-Being	Mindfulness and Relaxation Techniques	Teach simple mindfulness practices to help students manage stress and maintain focus.

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