



The ADHD Homework Game Plan

FOR PARENTS

A simple, ADHD-friendly homework system that boosts buy-in and reduces battles.

1. BEFORE HOMEWORK (BRAIN PREP)

- 10–30 min decompression
- snack + hydration
- movement
- sensory regulation

10 min

brieftime

time



Goal 1: Restore executive function fuel

2. HOMEWORK SCAN

- what's due today
- what's due later
- estimate time
- difficulty rating (easy/medium/hard)

Estimate time

Difficulty rating
(easy/medium/hard)



Goal 2: Eliminate ambiguity (ADHD kryptonite)

3. CHOICE MENU

- let your child choose:
- location
- tools (music, headphones, fidget, calculator)
- parent role (body double, coach, silent witness)

Suggestions:

- 10 min work
- 2 min break
- 5 problems → break
- 1 paragraph → break



Goal 3: Autonomy = dopamine

4. WORK BLOCKS

- use:
- timers
- micro-tasks
- scheduled movement breaks
- reinforcement

Reset options:

- quit (resume later)
- delay (set timer)
- modify (chunk/reduce)



Goal 5: Preserve regulation over completion

5. WRAP-UP REFLECTION

ask 2-3 questions:

• **What worked?**

• What didn't?

• What should we

change for tomorrow?

Goal 6: Build metacognition + Independence

GET HELP WITH HOMEWORK.