

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

🕒 brevertime

🕒 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.