

Addressing Attention and Focus Challenges During Instruction

A Classroom Guide for Supporting Engagement and Self-Regulation

Purpose & Overview

This guide supports teachers in responding effectively to attention and focus challenges that may impact student learning during instruction. Students with ADHD and other attention-related needs often require structured supports, intentional engagement strategies, and opportunities for movement or regulation in order to remain actively involved in learning.

The purpose of this guide is to help teachers move beyond reactive redirection and instead implement proactive instructional practices that increase sustained attention, reduce frustration, and promote student independence and self-regulation.

Instructional Outcomes

Effective use of this guide helps teachers:

- Recognize common attention and focus barriers during instruction
 - Implement structured supports that improve sustained engagement
 - Integrate movement and regulation strategies into classroom routines
 - Increase active participation and on-task behavior
 - Strengthen alignment between instructional practices and IEP or behavioral goals
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Understanding Attention and Focus Challenges

Students who struggle with attention may experience difficulty sustaining concentration, organizing tasks, filtering distractions, or regulating impulses. These challenges can affect academic performance, work completion, and classroom participation even when students understand the content.

Attention differences are not a lack of motivation. Instead, they reflect differences in executive functioning, regulation, and processing that require intentional instructional support.

Common Signs During Instruction

Teachers may notice:

- Frequent loss of focus during lessons
- Difficulty beginning or completing tasks
- Impulsive responses or movement
- Trouble following multi-step directions
- Inconsistent work performance
- Frustration or avoidance behaviors

Recognizing these patterns early allows teachers to implement preventative supports rather than reactive discipline.

High-Impact Classroom Supports for Attention and Focus

Clear and Structured Instruction

Provide concise directions, model expectations, and break tasks into manageable steps. Predictable routines reduce cognitive load and help students remain engaged.

Active Engagement Strategies

Incorporate frequent opportunities for students to respond, discuss, write, or interact with materials. Active participation increases sustained attention and reduces passive disengagement.

Movement and Regulation Supports

Planned movement breaks, flexible seating, or brief physical activity can help students reset attention and return to learning more effectively.

Visual and Organizational Supports

Use visual schedules, checklists, timers, or step-by-step guides to support task initiation and completion.

Positive Reinforcement and Feedback

Frequent, specific feedback encourages persistence and reinforces on-task behavior more effectively than correction alone.

Instructional Strategies in Practice

<i>Strategy</i>	<i>What It Supports</i>	<i>Example in the Classroom</i>
<i>Chunked Directions</i>	Reduces overwhelm	One step given at a time
<i>Timers or Visual Cues</i>	Builds time awareness	Countdown timer for work period
<i>Movement Breaks</i>	Restores regulation	1–2 minute stretch or walk
<i>Active Response Techniques</i>	Sustains engagement	Whiteboards, think-pair-share, exit tickets
<i>Structured Choice</i>	Increases motivation	Choose order of two tasks

These strategies help transform attention support from behavior management into instructional design.

Teacher Implementation Reflection

During instruction, teachers may consider:

- Were directions clear, brief, and modeled?
- Did students have opportunities for active participation?
- Were movement or regulation supports available?
- Did visual or organizational tools support task completion?
- Was positive feedback used to reinforce engagement?
- Did instructional pacing match student attention needs?

Ongoing reflection helps maintain proactive rather than reactive support.

Supporting Student Self-Regulation and Independence

Over time, students should be supported in learning to:

- Recognize when their focus is decreasing
- Request a break or support appropriately
- Use organizational or visual tools independently
- Return to learning after regulation
- Build confidence in managing attention challenges

This gradual shift promotes long-term executive functioning and self-advocacy.

Connection to IEP and Behavioral Goals

Attention and focus supports often align with goals related to:

- Sustained on-task behavior
- Task initiation and completion
- Executive functioning and organization
- Self-regulation and coping strategies
- Classroom participation and independence

Documented use of supports and student response can inform progress monitoring and instructional planning.
