

Spring Fever + ADHD = Headaches: How School Counselors Can Help

By Julia Taylor for American School Counselor Association

Spring has sprung. For students with ADHD, this time of year may be particularly demanding. For teachers with students with ADHD, it may be even more difficult, as it's not unusual for ADHD students to have more behavior disruptions this time of year.

School counselors can help teachers by offering the following suggestions:

- Sit ADHD students close to the teacher and board, away from the window if possible.
- Make up a "look" to give the student/s with ADHD if their behavior is getting out of control, this way they are not receiving "extra" attention for disruption and still are aware of their inappropriate behavior.
- Try to stay away from long lectures and large group work during this time. Break tasks up and allow students to work in smaller groups.
- Give snack/water/restroom breaks during examinations, if allowed.
- Sit student near students who are "hard" workers.
- If student is a disruption during testing, allow him/herself to test in your office or an empty space where he or she can work alone.
- Allow students to hold an object such as a squeeze ball, rubber band, or other toy to keep them focused.
- Give rewards for writing all assignments down in planner or assignment calendar.
- Don't lose your patience with students; instead, make up a point system with student offering rewards for positive behavior, and consequences for outbursts.
- Try to communicate often with parents – a quick email, phone call, or note home will suffice.

School counselors can offer assistance by:

- Starting a group for students with ADHD!
- Allowing students to eat lunch in your office and go for a walk with you around the building when finished.
- Teaching students relaxation techniques they can use when feeling fidgety.
- Helping students clean out their locker/notebooks and organize materials that may have collected over the year.
- Checking in with students periodically so they are reminded that you are staying on top of them!

It is important for everyone involved with ADHD students to constantly praise positive behavior and keep in mind that the school year is almost over!

FEATURED RESOURCE: THE STOP, RELAX & THINK COLLECTION



If you work with children who have behavioral problems, you'll want to own this collection. It offers dozens of ways to interest and engage hard-to-reach children, with activities to help them in individual or group counseling, the classroom, or the home You'll get...

The Stop, Relax And Think Game

In this ever-popular board game, active impulsive children learn motor control, relaxation skills, how to express their feelings, and how to problem-solve.

The Stop, Relax, & Think Workbook

This workbook contains more than 60 paper and pencil activities that teach children such important skills as thinking about consequences, staying focused and completing a task, engaging in quiet activities without disturbing others, and more.

The Stop, Relax, & Think Card Game

In this card game, players are dealt Stop, Relax & Think cards, as well as Stressed Out, Confused, and Discouraged cards. As they acquire more cards, they must choose different self-control skills, and they learn the value of patience and cooperating with others to achieve a goal.

The Stop, Relax & Think Scriptbook

In this uniquely designed book, children can practice what to say and how to act in eight different scenarios common to children with behavioral problems.

The Stop, Relax & Think Ball

This fun and educational ball teaches children to control their impulsivity by helping them understand and control their actions

When you order the collection, you'll also get a free canvas carrying bag, regularly priced at \$19.95. With this roomy, sturdy bag, you can easily store your materials or carry them to different settings.

To find out how you can purchase this collection of powerful counseling tools, [click here!](#)

ABOUT JULIA TAYLOR

Julia Taylor is an intern at the American School Counselor Association. She is completing her master's degree in school counseling at Marymount University in Arlington, Virginia.

ABOUT THE AMERICAN SCHOOL COUNSELOR ASSOCIATION

Professional school counselors everywhere share the same vision to support their schools by serving their students. School counselors know that guiding students toward personal and social development leads to improved academic achievement. Through their partnership with principals and teachers, school counselors help prepare today's students to become tomorrow's adults.

The American School Counselor Association (ASCA) responds to school counselors' unique needs, helping them grow individually as professionals and providing them with real tools to guide their students. As an international nonprofit organization founded in 1952, ASCA has the benefit of foresight and hindsight. It has grown to fit counselors' changing needs through social and educational movements from desegregation to standardized testing. Responding to the needs of counselors as voiced by counselors has enabled ASCA to remain vital and forward-thinking.

ASCA serves as the voice of school counselors on Capitol Hill and helps members ensure their voices are heard in state legislatures. ASCA has active government affairs representatives who monitor activities in Congress, the Department of Education and throughout Washington to advocate on behalf of school counselors' interests: funding, certification, student-to-counselor ratios and more.

A full-color bimonthly magazine, *School Counselor* provides practical information and how-to articles to help school counselors help their students and themselves. Each issue has a focus on something school counselors care about, from public relations to grief counseling, as well as departments and columns covering a range of topics. Professional School Counseling is ASCA's award-winning bimonthly academic journal, providing peer-reviewed articles on school counseling theory, research, practice and techniques. The journal and the magazine together provide counselors with the most well-rounded and up-to-date information in the field.

For more information, visit www.schoolcounselor.org or call (703) 683-ASCA.

LOOKING FOR HANDS-ON COUNSELING TOOLS?

Visit the [Guidance Channel Shopping Mall](#)! There you will find thousands of resources, many of them national and international award-winners, including reproducible handouts, therapeutic games, multimedia programs, videos, curricula, prevention-awareness items and much more. Be sure to check out our online [Childswork/Childsplay catalog](#), as well as our [At-Risk Resources](#) and [Wellness Reproductions](#) online catalogs, for innovative tools to address the social and emotional needs of your clients.

FOR ADDITIONAL NEWSLETTERS...

If you've found *The Counselor's Classroom* useful and informative, you may also be interested in subscribing to some of our other newsletters. *Dr. Playwell's Newsletter* is a unique newsletter full of play therapy techniques to help you address the social and emotional needs of children and young adolescents. *FYI From Wellness* offers practical tips and suggestions for use in the clinic or classroom written by professionals from a variety of disciplines. *The Guidance Channel Zine* is a monthly online magazine that includes interviews, website reviews, statistics and articles by many national organizations such as the National Association of School Psychologists, the American School Counselor Association and National S.A.V.E. (Students Against Violence Everywhere). To subscribe to these newsletters, [click here!](#)

**If you would like to share this newsletter with a colleague,
you are welcome to forward this issue!**