



Strategy Card

Things to Help with Practicing

Anxiety

- Work with family to find a place and time to practice where it won't disturb others.
- Remember: Mistakes are a natural part of learning. Use them as opportunities to get better.

Time Management

- Have a regular time to practice every day.
- Prioritize so you do the most important things first.
- Set a length of time for each thing to practice.

Overwhelm

- Have a checklist for things you need and steps in practicing.
- Keep instrument and music out all week so it's easy to play.
- Decrease the number of pieces being practiced.

Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information.



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Things to Help with Practicing

Forgetfulness

- Have checklists and routines so that practicing is automatic.
- E-mail practice expectations each week.
- Keep practice book with music and instrument.

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Things to Help with Lessons

Lateness

- Streamline daily routines so that it's easier to be on time.

Missing Instructions

- Maintain a quiet environment.
- Have a list of what will be covered and put music in order before lesson.
- Mark up music before instructions.

Missing Social Cues

- Visual lesson schedule on the wall.
- Poster illustrating behavioural expectations.

Distracted Playing Tangents

- Write down ideas so you remember to explore them later.
- Have 15 minutes at the end of each lesson for talking about anything and everything.

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Things to Help with Lessons

Physical hyperactivity

- Wiggle cushion or stand to play.
- Fidget toys like Tangles or chewies.
- Weighted stuffed toys to provide extra sensory input.
- Incorporate movement into the lesson.

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