

ADHD & YOU

Weekday Planner and Class Schedule

Children who experience the core symptoms of ADHD (inattention, hyperactivity, and impulsivity) may need help with school-related matters. For example:

Children With ADHD May:

- Have trouble with organization
- Have difficulty paying attention to details
- Be forgetful

This Tool Was Developed to Help Children With ADHD:

- Remember what they need to do each day before leaving for school
- Keep track of what classes they need to attend each day
- Organize and follow their after-school schedules



How to Use This Tool:

- 1 Print out a copy of this tool for a child with ADHD and review each section with him or her
- 2 Provide help as needed

Blank Template: Class Schedule

Name: _____ Week Beginning: _____

Instructions:

Write your classes on the chart below. You can include the room numbers in the smaller boxes.

	Monday	Tuesday	Wednesday	Thursday	Friday
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time:	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>	RM: <input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Blank Template: Weekday Planner

Name: _____ Week Beginning: _____

Instructions:

Write your classes on the chart below. You can include the room numbers in the smaller boxes.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<ul style="list-style-type: none"> ■ Breakfast ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ Breakfast ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ Breakfast ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ Breakfast ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ Breakfast ■ _____ ■ _____ ■ _____ ■ _____
School	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ Pack homework, books, and supplies 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ Pack homework, books, and supplies 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ Pack homework, books, and supplies 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ Pack homework, books, and supplies 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ Pack homework, books, and supplies
After School	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ _____ ■ _____
Evening	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ Homework ■ Pack up for school ■ Dinner ■ Lay out clothes 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ Homework ■ Pack up for school ■ Dinner ■ Lay out clothes 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ Homework ■ Pack up for school ■ Dinner ■ Lay out clothes 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ Homework ■ Pack up for school ■ Dinner ■ Lay out clothes 	<ul style="list-style-type: none"> ■ _____ ■ _____ ■ _____ ■ Homework ■ Pack up for school ■ Dinner ■ Lay out clothes