



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.



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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