

ADHD COUPONS (Middle School)

I can work quietly for
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I can listen quietly for
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I can stay working for
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I can raise my hand before I speak for
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I can stay focused on my work (ignore distractions) for
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I can follow directions
one half of the period

start _____ finish _____

reminders 1 2 try again

--	--	--

I will get started on this work right away

reminders

1	try again
---	-----------

I can work steadily during this work period for

one half of the period

start _____ finish _____

reminders

1	2	try again
---	---	-----------

I will write in my notebook or agenda

reminders

1	try again
---	-----------

I will keep my comments to myself during work time for one half of the period

start _____ finish _____

reminders

1	2	try again
---	---	-----------