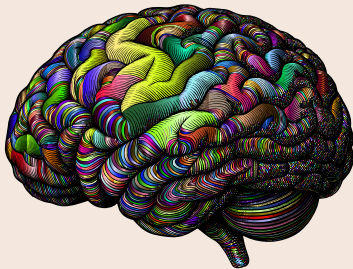
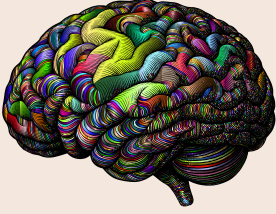


mindbridge math mastery
Mastering Brilliance through Mindful Methods



COMPREHENSIVE ADHD 504 ACCOMMODATIONS GUIDE

A Quick Reference Guide for Parents & Educators



Comprehensive ADHD 504 Accommodations List

Understanding ADHD 504 Accommodations



CLASSROOM ENVIRONMENT AND SEATING

- Preferential seating near teacher or positive peer role model
- Noise-canceling headphones or quiet corner
- Away from doors, windows, or high-traffic areas
- Lighting adjustments for sensitivity
- Flexible seating – wobble cushion, wobble stool, standing desk
- Foot bands or resistance straps for fidgeting



TIME MANAGEMENT & ORGANIZATION

- Extended time for tests / assignments
- Color-coded folders and binders
- Frequent short breaks between tasks
- Written schedule posted in classroom
- Visual timers or countdown clocks
- Duplicate textbooks (home + school)
- Assignments chunked into smaller steps
- Planner checks by teacher



ASSIGNMENTS & HOMEWORK

- Shortened or reduced assignments (focus on mastery)
- Option to type or dictate answers
- Clear written directions and examples
- Flexible deadlines for projects
- Copies of notes or class materials
- No penalty for late work due to ADHD symptoms
- Online posting of assignments



TESTING ACCOMMODATIONS

- Small-group or quiet testing location
- Extended testing time
- Oral / read-aloud tests
- Alternate formats (multiple choice vs essay)
- Fewer questions per page
- Graph paper for alignment
- Breaks during testing
- Directions read and clarified before beginning



NOTE-TAKING & MEMORY

- Access to teacher or peer notes
- Guided notes / fill-in-the-blank outlines
- Permission to record lessons or photograph board
- Preview of vocabulary before lessons
- Laptop or tablet for note-taking
- Graphic organizers for lectures & writing
- Anchor charts / reference sheets visible in class



ATTENTION & FOCUS

- Frequent teacher check-ins for understanding
- Directions given one step at a time
- Highlight key instructions
- Personalized cue cards (e.g., "Pause & Reread," "Check Work")
- Private non-verbal cue to refocus
- Active participation (think-pair-share, board work)
- Blank paper to cover unused worksheet sections



BEHAVIOR & EMOTIONAL REGULATION

- Positive reinforcement / token system
- Private correction (not public discipline)
- Behavior goal chart or contract
- Clear, predictable routines to reduce anxiety
- Mindfulness or breathing break when needed
- Scheduled check-ins with counselor or mentor
- Fidgets or stress balls for self-regulation
- Never withhold recess as punishment
- Advance warning before loud noises or changes



MOVEMENT & SENSORY

- Scheduled movement breaks
- Permission to stand or stretch during lessons
- Access to sensory room / hall break
- Weighted lap pad or foot band
- Chewable items / gum if appropriate
- Short errands as brain breaks
- Outdoor movement available for extended work periods



TECHNOLOGY SUPPORTS

- Text-to-speech for reading assignments
- Speech-to-text for written responses
- Laptop or tablet for classwork and note-taking
- Audio versions of textbooks or articles
- Option to type instead of handwrite
- Calculator or virtual math tools when appropriate
- Organizational apps or digital planners
- Chrome extensions to support reading and writing
- Digital copies of assignments and class materials



INSTRUCTIONAL SUPPORTS

- Directions provided verbally and in writing
- Multi-step instructions broken into smaller parts
- Tasks modeled before independent work
- Clear and concise language for directions
- Pre-teaching of vocabulary or key concepts
- Visual supports (step cards, anchor charts, reference sheets)
- Guided practice before independent tasks
- Alternative ways to show mastery (oral response, project, video)
- Access to manipulatives or hands-on materials



COMMUNICATION SUPPORTS

- Weekly updates to parents about progress or concerns
- Home-school communication notebook (paper or digital)
- Shared calendar with tests, assignments, and deadlines
- Immediate notification if student becomes overwhelmed
- Parent access to Google Classroom or Canvas
- Regular team meetings to review accommodations
- Clear communication system for missing or late work
- Collaboration between teacher, student, and family on routines



HOW TO USE THIS GUIDE

- Review this list before your 504 meeting
- Ask teachers which supports they can implement immediately
- Highlight supports that match your child's needs
- Revisit the plan every semester as needs change
- Bring this guide to meetings as a reference

ABOUT MINDBRIDGE MATH MASTERY

MindBridge provides specialized, multisensory academic support for neurodiverse learners, including ADHD, dyscalculia, and executive functioning challenges. For more personalized help, visit:
mindbridgemath.com