

ADHD & AUTISM FRIENDLY

BACK TO SCHOOL TIPS FOR NEURODIVERGENT KIDS



Visit us at boldbloomingcounseling.com for more tips!

10 BACK-TO-SCHOOL TIPS

1. Use Color-Coding for Organization

2. Try Visual Timers

3. Break Homework into Smaller Chunks

4. Include Brain Breaks

5. Study Space

6. Involve Interests

7. Sensory

8. Communicate with Teachers

9. Update IEP/504

10. Flexible Expectations

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