

ACTIVITIES AND TIPS TO KEEP A HYPERACTIVE KID BUSY:

1. Have order:

Keep the household or classroom running in a clear and ordered manner. In this way, the child will know what is expected of them from day to day.



2. Breakdown complex instructions:

Instead of overloading them with a list of instructions. Break the task down into smaller chunks.

Writing instructions down can also help the child to follow them. A written, step-by-step list allows a hyperactive child to focus on one small step at a time.



3. Help create a to-do list

Having a list of responsibilities of their own creation can help the child to build independence.



4. Thinking Games

Games like scrabble, chess, matching pairs, etc. are great exercises for the brain.

These are engaging options for hyperactive kids as they make them sit in one place and concentrate.

