

STUDENT WITH ADHD: ADVANCED STRATEGIES FOR MANAGING IMPULSIVITY AND OPPOSITION IN THE CLASSROOM

For teachers, educators, and childhood and education professionals

Transform your approach with concrete, evidence-based strategies to support students with ADHD

Duration : 2 hours	Modules : 5 modules
Lessons : 17 lessons	Audience : Teachers, educators, childhood professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training enables you to understand the neurocognitive mechanisms of ADHD and act effectively on a daily basis. You will learn to anticipate risky situations, intervene appropriately during outbursts, and build coherent support with families. Through concrete explanations and immediately applicable strategies, you will discover how to transform your approach to better support these children. You will leave with concrete tools and strategies that can be applied starting tomorrow in your classroom.

Module summary

MODULE 1	Understanding ADHD in Daily Life	3 lessons
MODULE 2	Identify Risk Situations and Prevent Overflows	4 lessons
MODULE 3	Intervening in Difficult Behaviors	5 lessons
MODULE 4	Building Educational Coherence and Working with Families	4 lessons
MODULE 5	DYNSEO Applications	3 lessons

Learning objectives

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- Understand the neurocognitive functioning of ADHD (fluctuating attention, inhibition deficit, need for movement)
- Differentiate between restlessness, emotional crisis, and voluntary opposition to adapt your response
- Identify the 5 categories of triggering situations and the warning signs of overflow
- Implement immediate adaptations: task breakdown, visual routines, timers, anticipations
- Intervene effectively with the right techniques: redirection, limited choices, active or calm breaks, sensory resets
- Adopt an effective professional posture (calm proximity, short phrases, neutral tone)
- Manage the post-crisis situation and rebuild the connection with the child
- Build a simple and shared support plan with families
- Communicate with parents in a caring and constructive manner
- Know when and how to refer to a specialist

General information

Duration	2 hours of online training, divided into 5 progressive modules
Target Audience	Teachers, educators, childhood and education professionals wishing to deepen their understanding of ADHD and develop concrete strategies to address challenging behaviors
Prerequisites	None, training accessible to all adults

Pricing	Upon request - VAT not applicable (Article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Training Provider	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding ADHD in Daily Life**

3 lessons

Lesson 1 - Lesson 1: Neurocognitive Functioning of ADHD

- Understanding fluctuating attention and hyperfocus patterns
- Recognizing the inhibition deficit as a failing neurological brake
- Identifying impulsivity in actions, words, and emotional reactions
- Understanding the neurological need for movement to maintain focus
- Explaining the gap between knowing rules and applying them

Lesson 2 - Lesson 2: Three Types of Common Behaviors

- Identifying motor restlessness: fidgeting, frequent movement, difficulty staying seated
- Recognizing impulsivity: interruptions, quick actions, disproportionate reactions
- Spotting opposition and provocations: refusals, negotiations, outbursts

Lesson 3 - Lesson 3: Impact of Emotions

- Understanding emotional hypersensitivity and intense reactions
- Identifying daily frustrations and low tolerance for waiting
- Recognizing the feeling of injustice and constant comparisons
- Detecting cognitive and emotional overload leading to explosions

MODULE 2**Identify Risk Situations and Prevent Overflows**

4 lessons

Lesson 1 - Lesson 1: Five Categories of Triggering Situations

- Identifying long or meaningless tasks triggering agitation
- Anticipating unexpected transitions causing refusals or outbursts
- Recognizing sensory overload from noise, lights, or stimuli
- Avoiding vague instructions that cause immobility or errors
- Understanding fatigue accumulation and end-of-day deterioration

Lesson 2 - Lesson 2: Warning Signs of Overflow

- Detecting physical signs: agitation, tension, rapid breathing, clenched fists
- Identifying verbal signs: rising tone, short sentences, provocations
- Observing behavioral precursors: avoidance, isolation, escalating provocations

Lesson 3 - Lesson 3: Immediate Adaptations

- Breaking down tasks into micro-steps with breaks
- Using visual routines: schedules, sequences, rules charts
- Implementing timers to materialize passing time
- Setting up simple anticipations and announcing changes
- Structuring the environment with quiet corners and visual tools

Lesson 4 - Lesson 4: Active Prevention

- Using positive reinforcement with specific praise (3:1 ratio)
- Offering regular micro-breaks every 15-20 minutes
- Establishing 3-5 simple, visible, positively-stated rules

MODULE 3**Intervening in Difficult Behaviors**

5 lessons

Lesson 1 - Lesson 1: Differentiate Agitation, Emotional Crisis, and Opposition

- Recognizing restlessness as a physiological need to move
- Identifying emotional crisis as internal overflow requiring calm support
- Spotting willful opposition as limit-testing requiring firm framework

Lesson 2 - Lesson 2: Effective Professional Posture

- Adopting calm proximity: approach gently at child's level
- Using short phrases: simple, direct instructions without overload
- Maintaining a neutral tone: low, firm voice regulating the child
- Avoiding long explanations during crisis when brain is unavailable

Lesson 3 - Lesson 3: Immediate Intervention Techniques

- Practicing redirection to more acceptable actions with dignity
- Offering limited choices restoring power within safe framework
- Implementing active or calm breaks adapted to real needs
- Using sensory resets: water, breathing, stress balls, calm box

Lesson 4 - Lesson 4: Managing Specific Situations and Avoiding Power Struggles

- Responding to provocations: stay neutral, propose calm outcome
- Managing systematic 'no' with 'Yes BUT' technique
- Intervening in object throwing: secure, remove, immediate consequence
- Soothing screams: calm voice, wait for storm to pass
- Recognizing power struggle signals and de-escalating effectively

Lesson 5 - Lesson 5: After-Crisis and Reconstruction

- Simply verbalizing what happened and acknowledging emotion
- Implementing proportionate educational repair, not punishment
- Quickly returning to routine with opportunities to succeed
- Rebuilding connection with positive gestures and attention

MODULE 4

Building Educational Coherence and Working with Families

4 lessons

Lesson 1 - Lesson 1: Importance of Consistency

- Understanding why consistency prevents confusion and anxiety
- Aligning essential points: rules, reinforcement, crisis management
- Communicating with families: start positive, describe facts, propose actions
- Involving parents as team members without blaming

Lesson 2 - Lesson 2: Building a Simple and Shared Support Plan

- Structuring an effective 1-2 page plan shared among all adults
- Including child strengths, triggers, accommodations, strategies
- Using effective tools: visual rules, behavioral alternatives, reinforcement
- Establishing beginning and end of day routines

Lesson 3 - Lesson 3: Monitoring and Adjustments

- Observing regularly and identifying patterns with weekly charts
- Maintaining short, regular, factual feedback with families
- Adapting gradually: test 2-3 weeks, observe, adjust step by step
- Valuing child progress with specific praise and visualization

Lesson 4 - Lesson 4: Limits and Guidelines for Consulting a Specialist

- Knowing when to refer: deterioration, suffering, dangerous behaviors
- Addressing the topic with parents delicately without imposing
- Referring to suitable professionals: doctors, psychologists, therapists
- Understanding school's role as partner providing observations

MODULE 5

DYNSEO Applications

3 lessons

Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES

- Discovering 30+ educational games for children aged 5-10
- Benefiting from automatic sports breaks every 15 minutes
- Enjoying adaptability to ADHD, DYS, autism profiles
- Integrating COCO in classroom and at home for cognitive reinforcement

Lesson 2 - Lesson 2: Comprehensive Toolkit - Practical Resources and Strategies

- Visual tools: sequences, schedules, timers for structuring daily life
- Emotion management: wheel, thermometer, individual cards, solutions wheel
- Alternative communication: 'I need' boards, sentence strips
- Organizational and learning aids: to-do lists, adapted reading, visual maths
- Creating a quiet corner with personalized tools

Lesson 3 - Lesson 3: Practical Exercises - Real-life Situations and Solutions

- Case Study 1: Mathis refuses to do the writing exercise
- Case Study 2: Luna is having an emotional outburst
- Case Study 3: Tom is being disruptive during maths
- Case Study 4: Emma is getting increasingly restless
- Case Study 5: Nathan refuses to join in the group game at break time

Teaching methods

- 100% online training accessible from your computer
- Self-paced learning without time constraints
- 2 hours of content divided into 5 progressive modules
- 17 practical lessons with concrete strategies
- Immediate classroom application of tools and techniques
- Certificate of completion upon finishing the training

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