# Detailed 4-Week Plan for Gifted Students with ADHD

## Week 1: Orientation and Behavior Organization

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| Objectives | Create an engaging learning environment that minimizes distractions. Help the student regulate attention in short intervals. |
| Individual Activities | Develop a visual schedule (pictures/colors) to organize the school day. Short individual task (5 minutes): Solve a number puzzle or match words and pictures. Cognitive movement exercise: 'Stop – Think – Act' before each task. |
| Follow-up Tools | Daily behavior checklist (✓ for focus – ✗ for distraction). |
| Expected Outcomes | Increase in attention span and engagement in individual activities. |

## Week 2: Enhancing Attention through Challenges

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| Objectives | Improve concentration using fun and short activities. Build confidence through quick achievements. |
| Individual Activities | Individual challenge: Solve 3 logic problems in less than 10 minutes. Creative task: Drawing or assembling a small model (wooden/paper pieces). Short reading task (small paragraph) with quick questions. |
| Follow-up Tools | Weekly achievement log with motivational stickers. |
| Expected Outcomes | Improvement in completing individual tasks within the set time. |

## Week 3: Channeling Energy into Creativity

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| Objectives | Transform hyperactivity into a drive for creativity. Engage the student in tasks requiring deep but short, segmented thinking. |
| Individual Activities | Mini-project: Invent a product idea or simple scientific experiment and display it on a poster. Individual task: Write 3 ideas to solve a real-life problem (using words/drawings). Quick-thinking challenge: List 5 new uses for a familiar object (e.g., a pen). |
| Follow-up Tools | Creativity log recording ideas and products. |
| Expected Outcomes | Production of an idea or simple project showcasing the student’s talent. |

## Week 4: Evaluation and Sustaining Progress

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| Objectives | Assess behavioral and academic progress during the past weeks. Reinforce self-regulation strategies. |
| Individual Activities | Assessment activity: Repeat one task from Week 1 and compare performance. Final individual project: Short presentation (poster, video, or comic) of achievements. Reflection session: Student identifies 3 strengths and 3 areas of need. |
| Follow-up Tools | Comparison of Week 1 and Week 4 results + individual report. |
| Expected Outcomes | Personalized follow-up plan showing how the student can use talent while managing distractions. |