



Apps for ADHD

The following are examples of applications that can be helpful for some students with ADHD and are intended as a jumping-off point. For each type of app, there are many different options, each better suited for different students.

Time Management



Clock

For racing against the clock, using timers, and setting alarms.



Calendar

Share calendars within the family. Set reminders for events, appointments, etc. from your phone for your child.



myHomework Student Planner

You put in all of your assignments and when they're due. The app will remind you to do them at the appropriate time!



Due

Quickly set short-term reminders and timers. Easy to see them all at once.

Staying on Task



White Noise Lite

For some, white noise can help sleep, increase focus, and reduce stress.



First Then Visual Schedule

Create visual templates and schedules for everyday routines like getting ready for bed and packing up a backpack.



Visual Schedule Planner

Gives a visual representation of events in their day, including times and sequence. Events can be linked to activity schedules.



Epic Win

You put in your specific list of chores and to-dos. Accomplishing them earns you XP to improve your character in the game.

Organization



Google Keep

Tied directly to Google Docs and can be shared with any Google user. Notes, checklists, reminders, voice memos, etc.



Evernote

Take notes, capture photos, make to-do lists, record voice reminders and save them all in a searchable format.



Any.do

A list-making app. Share lists across users and be notified when someone else 'crosses' something off the list.



iReward Chart

The classic sticker chart goes digital. Keep track of earned stars and rewards. Can be shared by many users.

Academics



Inspiration

Organize ideas in a visual way that allows for flexible brainstorming and easy-to-change features. Great for writing.



Dragon Dictation

Speech-to-text technology is great for the energy-filled person. Write your essay while you walk around the block.



Audible

Audiobooks in general are a great resource for kids who have a hard time sitting still to focus.



gFlash+

Enjoy creating your own multisensory text/audio/visual/media flashcards.



Notability

This app can annotate documents, record lectures, and create handwritten sketches and note. Typing is an option too.