5 WAYS TO MAKE YOUR CHURCH ADHD-FRIENDLY

Welcoming Every Unique Mind in Your Faith Community

1. Provide Clear Structure

Knowing what to expect helps focus attention and reduce anxiety during worship.

Visual Order of Service
Display the service order clearly (screens, bulletins, visual schedules).

Vary Content Delivery
Mix songs, prayers, stories, and short messages to maintain engagement.

Microphone Clarity
Ensure the speaker's voice is prominent and easy to hear above other sounds.

2. Design Calming Spaces

Minimizing distractions helps everyone engage more deeply and comfortably.

Simplify Visuals
Reduce clutter and busy patterns in worship areas to create a calmer environment.

Manage Sound
Adjust sound mixing, strategically place speakers, and consider sound dampening.
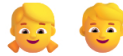
Allow Movement
Let people know it's okay to stand, stretch, or use quiet fidget tools if it helps them focus.

3. Engage Kids Actively

Children with ADHD thrive with clear instructions and opportunities for movement and purpose.

Simple, Step-by-Step Instructions
Break down tasks into small, clear, manageable parts.

Hands-on Activities
Include lots of chances for movement, doing, and interactive learning, not just sitting.

"Important" Jobs
Let high-energy kids help with tasks like handing out supplies or tidying up to channel their energy positively.

4. Offer Quiet Zones

A designated calm space provides a much-needed break from sensory overload when needed.

Dedicated Quiet Corners
Equip with soft lighting, comfy seating, or noise-cancelling headphones.

Prepare for Transitions
Give a heads-up (e.g., "in 2 minutes we'll...") before changing activities.

Point Out Retreats
Inform people about quieter areas during large gatherings or social times.

5. Encourage Flexible Connections

Different communication styles enrich the entire faith community, allowing for genuine connection.

Clear Social Reminders
Gently remind everyone to take turns speaking and listen actively in group settings.

Variety of Activities
Offer a mix of social activities—some active, some calmer—so everyone finds enjoyment.

Allow Processing Time
Give time for people to think and respond, or offer ways to share ideas in writing.

Small Changes, Big Difference!

Embrace the unique ways God has made each person and create a truly inclusive church where every individual feels valued and belongs.