



ADHD Routine Tools & Apps

Helping children with ADHD stay on track is easier with the right tools. Below are **apps, timers, and charts** designed to support daily routines and time management.

Recommended Apps for Structure & Organization

Time Timer – Online Version

A visual countdown timer that helps kids understand time passing. Perfect for transitions, focus time, or homework sessions.

-  Free online version available (browser-based)
 -  Shows time as a disappearing colored disk
-  [Time Timer Online](https://www.timetimer.com/)

Choiceworks App

- **Paid app** (around \$6.99 on iOS).
- No free version available, but a great tool

Brili Routines

A structured routine app designed for children with ADHD. Walks kids step-by-step through morning, bedtime, and custom routines.

-  Free trial available; subscription required after
 -  Best for younger children or those who need structure
-  www.brili.com

Habitica

A free, gamified task manager that turns routines into a fun role-playing game. Kids and teens earn points and rewards for completing daily tasks and goals. Great for motivation and follow-through.

-  Free version available (web, iOS, Android)
 -  Ideal for ages 9+ or with adult support
-  www.habitica.com

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Routinist

- Previously free, but **now subscription-based**.
- Available on IOS

Recommended Physical Tools for Routines

✓ **Time Timer (Visual Timer)** – A physical version of the countdown timer for task management.

 [Amazon Link](#)

✓ **Magnetic Routine Charts** – Customizable **morning and evening routine charts** with visual icons.

 [Amazon Link](#)

✓ **Dry-Erase Checklists** – A simple way to track **daily to-dos** without paper clutter.

 [Amazon Link](#)

✓ **Sand Timers** – Great for **short activities** like **brushing teeth** or **transitioning tasks**.

 [Amazon Link](#)

Bonus Free Tools for Routines & Organization

Google Keep

Simple, visual checklists that sync across devices. Great for older kids or parents managing tasks.

 keep.google.com

Microsoft To Do

Create routines, recurring tasks, and shared lists with ease. Free on all platforms.

 todo.microsoft.com

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Printable Visual Schedules

You can also try physical tools! Visual routine charts help younger children understand what to expect.

-  Printable routine boards, checklists, and visuals
-  Use Velcro or magnets for hands-on engagement

Book a **free 30-minute consultation** to get **personalized guidance!**



[Schedule](#)

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These tools **help kids with ADHD build structure and independence.** Which one will you try first?



Warmly,

Tom

