

Resource List for Children & Young People

Here are some of our favourite resources to support children and young people around ADHD. Please follow the links for more information.



ADHD Activity Booklet – ADHD Foundation

An interactive and accessible booklet that a child or young person could complete with an adult or independently. This would be best printed off as a resource to complete and is probably best suited for children around KS2 age (7-11 years). [For more info, click here.](#)

ADHD for Children Activity Book – ADHD Foundation

An interactive booklet that a child or young person could complete with an adult or independently. This would be best printed off as a resource to complete and is probably best suited to upper KS2 age and above (10+ years). [For more info, click here.](#)

A Teenager's Guide to ADHD Information Guide and workbook for teenagers living with ADHD – ADHD Foundation

A practical and informative guide that addresses some of the key issues for teenagers with ADHD and includes some strategies to support and signposting to further information (e.g. 9 ways that you can support your planning, organisation, and memory; 5 top tips for helping manage your feelings). [For more info, click here.](#)

The Gratitude Jar Activity – Therapist Aid

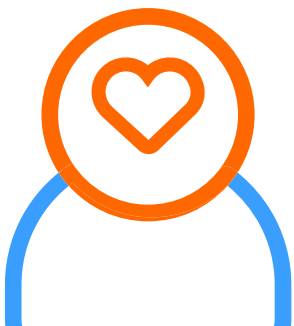
A practical guide for making a gratitude jar. This could be adapted for all ages to help recognise what we are grateful for.

[For more info, click here.](#)



Mindfulness Activities for Kids – Therapist Aid

A collection of mindful activities for children, including breathing, eating and using senses. [For more info, click here.](#)





The Kangaroo Who Couldn't Sit Still – Therapist Aid

A collection of practical resources and techniques. 'Ocean breathing' would be suitable for all ages, while 'Creating a routine' and 'Problem solving' are probably best suited to KS2 and older (8+ years). [For more info, click here.](#)



Stories That Never Stand Still by people with ADHD for people with ADHD

An inspirational collection of stories, support and lived experience. Probably most suited to secondary age group and older. Adults, parents and professionals would also find this a helpful resource. [For more info, click here.](#)

Young Person's Guide to Thriving with ADHD – ADHD Foundation

A practical guide for upper KS2 and above. This guide would be particularly useful for children as they make the transition from primary to secondary education. It gives advice to support transition and telling others, homework, and organisation. [For more info, click here.](#)

The Stress Bucket – Young Minds

A practical resource to help children and young people develop healthy coping strategies by recognising what can cause them stress and what activities can help them release this. [For more info, click here.](#)



All Dogs Have ADHD by Kathy Hoopman

A heartwarming and humorous book which combines characteristics of ADHD with photos of dogs. Accessible for all ages, this book can be a good discussion starter for children and young people.