



Resource List for Professionals

Neurodiversity Sheffield information leaflets

A series of information leaflets that offer a clear and concise overview of ADHD, emotional and behavioural aspects, and strategies to support. These link to the other support offered by **Neurodiversity Sheffield** and can be shared with children and young people to develop their understanding of ADHD. [Click here to access.](#)



The ADHD Foundation: Teaching and Managing Students with ADHD

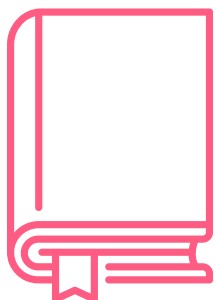
An informative guide offering insight, understanding and reframing of ADHD for classroom professionals. This booklet has specific sections around teaching, behaviour, and socialisation and offers practical advice and strategies in these areas. [Click here to access.](#)

Neurodiversity: An expert opinion on a new paradigm in science and education by Dr Tony Lloyd

An interesting read about the neurodiversity paradigm and how this relates to education and inclusion. [Click here to access.](#)

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

An inspirational collection of stories, support and lived experience. Young people, parents, and professionals would all find this a helpful resource. Probably most suited to young people aged 11 years and older. [Click here to access.](#)



Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools by Louise Michelle Bomber

A practical resource book for classroom practitioners and supporting professionals. This includes chapters around transitions and changes, communication, building up self-awareness, friendships and home/school partnership.

Resiliency in Schools: Making it Happen for Students and Educators by Nan Henderson and Mike M. Milstein

A book introducing a conceptual framework for fostering resilience. The resiliency wheel is based on six consistent themes which have emerged from research and can be used to create resiliency fostering development plans for individuals, groups and organisations.

Settling to Learn – Settling Troubled Pupils to Learn: Why Relationships Matter in School by Louise Michelle Bomber and Daniel A. Hughes

A practical resource book focusing on relationship-based practices and PACE (playfulness, acceptance, curiosity and empathy). Chapters include: – stay calm and bring calm; communicate acceptance; gently challenging perceptions; help repair relationships and strengthen resilience.

The Explosive Child by Ross Greene

A book outlining an innovative way of understanding behaviour and supporting children and young people through a collaborative problem-solving model. This model does not rely on rewards and punishment but rather teaching children the skills they need to problem solve effectively.



Strengths list/Three good people – Therapist Aid

Two downloadable worksheets that support conversations and consideration of strengths. Aimed at increasing self-esteem by a person identifying strengths and how they are used. This resource could be used with individuals or groups from age 11 years. [Click here to access.](#)

Creating work-life boundaries/gratitude exercises – Therapist Aid

Two downloadable worksheets to promote work-life balance, self-care and gratitude. [Click here to access.](#)



Witherslack Group

A helpful website that contains a range of resources and webinar recordings (e.g., ADHD & Autism: Masking in Schools, ADHD and girls). Currently, new webinars are regularly being released. [Click here to access.](#)

The Hand Model of the Brain – Emotion Coaching UK

An accessible video depicting Dan Siegel's Hand Model of the Brain. Suitable for all ages of children and young people to watch with parents/carers or professionals to aid discussion and understanding. [Click here to access.](#)

Additude – Strategies for Students with ADHD: Ideas to help kids shine

Practical resources for classroom professionals to support children and young people with ADHD. This contains strategies that are applicable to children of all ages. Includes downloadable resources: 10 strategies to help children with ADHD and How to Teach Children with ADHD – Classroom Strategies and Solutions. [Click here to access.](#)



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. [Click here to access.](#)



The Iceberg – Ambitious about Autism/Additude

A helpful visual aid to understanding the complexities of observed behaviour and what these might be communicating. [Click here to access.](#)

This Additude Iceberg relates directly to ADHD experiences. [Click here to access.](#)

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