Resources for Children with ADHD

If you're a parent looking for ways to help your child understand their brain, manage their emotions, and build focus and confidence, this guide is for you. Every child experiences the world differently, and for kids with ADHD, their brains process information in unique ways that can make everyday tasks feel challenging. We've gathered tools, apps, games, books, and interactive resources designed specifically for children ages 5 to 12, giving them fun and engaging ways to learn about ADHD and practice skills that make daily life easier. Think of this as a one-stop resource hub for your child, including safe, kid-friendly, and designed to help them thrive while giving you practical ways to support them along the way.

Story and Picture Books

Early Childhood

- **A Dragon with ADHD** (2020) – Steve Herman
  This story uses a friendly dragon to help young kids understand impulsivity, big energy, and focus challenges in a non-scary way. It's great for normalizing ADHD traits and showing that kids can learn skills just like the dragon does.

- **My Whirling, Twirling Motor** (2020) – Merriam Sarcia Saunders
  This is a great book for parents to read alongside their children and discuss afterward. The story captures the "always moving" feeling that many young kids with ADHD experience, helping children feel seen and understood

while also showing how parents can respond with empathy and structure.

- **It’s Hard to Be a Verb** (2020) – Julia Cook
  This playful story helps kids recognize impulsive urges and learn simple self-control strategies. It’s especially good for kids who struggle with sitting still or waiting their turn.

Early Elementary (7-9)

- **My Friend ADHD** (2021) – Kara McHale
  Told from a friend’s perspective, this book helps kids understand ADHD in themselves and others. It’s excellent for building empathy and reducing shame around differences in behavior.

- **ADHD is Our Superpower** (2022) – Soli Lazarus
  This strengths-based book reframes ADHD as a mix of challenges and unique abilities. It helps kids see themselves as capable and creative rather than “problematic.”

- **Marvin’s Monster Diary: ADHD Attacks!** (2020) – Raun Melmed
  Written in a graphic-novel diary style, it teaches coping skills through humor and relatable situations. Kids love the format, which makes learning emotional regulation feel fun instead of clinical.

Upper Elementary (10-12)

- **Marvin’s Monster Diary 2: ADHD Emotion Explosion!** (2021) – Raun Melmed
  This sequel focuses on emotional regulation, frustration, and self-talk, which are huge skills for

older kids with ADHD. It gives practical strategies wrapped in a story that feels cool rather than for little kids.

- **All You Can Be with ADHD (2021)** – Allison Tyler
  This book helps older kids understand how ADHD affects school, friendships, and self-esteem. It encourages them to see their strengths and teaches them how to advocate for themselves as they grow more independent.

- **The Survival Guide for Kids with ADHD** (2013) – John F. Taylor
  This book speaks directly to kids in a friendly, peer-to-peer voice, making the information feel encouraging rather than clinical or overwhelming. It offers practical everyday strategies such as staying organized, managing big feelings, and handling distractions that children can try on their own, helping them feel capable and in control of their ADHD.



Tools and Activities

- **GoNoodle** | Website, Apple App, Google Play App
  GoNoodle is an interactive movement and mindfulness platform designed specifically for kids, making it fun and easy to get moving while also practicing focus and self-regulation. The videos guide children through short exercises, brain breaks, and calming activities that

help release excess energy, improve attention, and manage emotions. By turning movement and mindfulness into playful challenges, GoNoodle gives kids with ADHD tools they can use on their own to feel calmer, more focused, and confident throughout the day.

- **Headspace for Little Minds** | Website, YouTube, Apple App, Google Play App
  Headspace for kids is a mindfulness and meditation app designed to help children relax, focus, and manage their emotions in a fun way kids can understand. It offers guided exercises tailored to different age groups, including relatable informational clips, short meditations, breathing exercises, and calming visualizations. For kids with ADHD, Headspace provides practical tools to reduce stress, improve attention, and build self-awareness, helping them feel more in control of their thoughts and emotions. We recommend starting with the YouTube series!

- **Focus Friend** | Apple App, Google Play App
  Focus Friend is a free app that helps kids with ADHD practice focus in a fun and engaging way. In the app, a little animated bean knits scarves while your child stays on task. Once the knitting session is complete, kids can use the scarves they've created to buy decorations for their virtual room. This approach turns focus into a playful, rewarding experience, helping children build attention, self-discipline, and a sense of accomplishment while managing tasks independently.

- Therapist Aid
  Therapist Aid offers a wide range of free worksheets and printable activities designed specifically for children

with ADHD. These resources cover skills such as emotional regulation, impulse control, organization, social skills, and problem-solving. Each worksheet is easy to use and engaging, allowing kids to practice important strategies in a hands-on way. By working through these activities, children can build self-awareness, develop coping tools, and gain confidence in managing their ADHD in everyday situations.

- Goally
  Goally is a subscription-based app that helps children with ADHD stay organized and complete daily routines using visual schedules, reminders, and interactive prompts. Kids follow step-by-step tasks with images and videos, breaking larger activities into manageable steps that they can complete independently. By making routines clear and engaging, Goally supports focus, task completion, and self-management skills while giving children a sense of accomplishment and control over their day.

Neurotechnologies

Neurotechnologies, or digital therapeutics, are interactive tools that help children manage ADHD and related conditions using engaging, game-like activities with immediate feedback. When used alongside clinicians, medication, or education strategies, these well-researched tools can support focus, emotional regulation, and skill-building in a way that motivates children and keeps them engaged.

- **EndeavorRX** (Ages 8-12)
  EndeavorRx is the first FDA-authorized, doctor-prescribed video game treatment for children with ADHD. Designed for ages 8 to 14, it uses fast-paced, visually engaging gameplay that challenges players to multitask, avoid distractions, and complete increasingly difficult tasks to improve real-world attention skills. Prescribed

by a clinician and played on a mobile device, EndeavorRx is backed by well-designed research studies.

- **XR Health** (Ages 10-17)
  XR Health is an online telehealth clinic where therapists guide patients in using virtual reality (VR) for psychiatric treatment. For kids with ADHD, VR applications include games where players practice focus by deciding what to interact with, what to avoid, and how to ignore distractions. Sessions are personalized, allowing therapists to adjust the program based on the child's responses, helping build attention, concentration, and self-regulation skills in an engaging, interactive format.

- **Joon** (Age 8-12)
  Joon is an app that turns everyday tasks into fun quests for children to complete while caring for a virtual pet. Parents set up recommended quests, and as children finish them, they earn rewards, level up, and collect coins and experience points. Designed with input from gamers and parents, Joon is tailored to support kids with ADHD in building task initiation, motivation, focus, and persistence in an engaging, game-like format.

- **Mightier** (Age 8-12)
  Mightier is a video game-based program that helps children build emotional regulation skills through play. Kids wear a wireless heart rate monitor while playing over 30 engaging games, receiving immediate feedback on their heart rate and learning calming strategies as the games adjust in difficulty. These skills can then be applied in real-life situations, helping children manage frustration, anger, anxiety, and impulsive behaviors in

everyday life.