

Resources for Teens with ADHD

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If you're a parent looking for ways to help your teen understand their brain, manage their emotions, and build focus and confidence, this guide is for you. Every teen experiences the world differently, and for those with ADHD, their brains process information in unique ways that can make everyday tasks, schoolwork, and social interactions feel challenging. We have gathered tools, apps, games, books, and interactive resources designed specifically for teens, giving them 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 teen that is safe, age-appropriate, and designed to help them thrive while giving you practical ways to support them along the way.

Books and Workbooks

What is ADHD? How does it affect me?

- **The ADHD Workbook for Teens, Second Edition (2022) – Lara Honos-Webb**
This workbook helps teens explore how ADHD affects their attention, emotions, and behavior. The exercises guide self-reflection so teens can better understand their unique brain patterns.
- **ADHD in Teens (2020) – Patricia O. Quinn and Judith M. Stern**
This book explains what ADHD is, how it impacts the brain, and why it shows up differently for each teen. It

includes relatable examples to help teens recognize both their challenges and strengths.

- **Mindfulness and ADHD for Teens (2021) – Debra Burdick**

This book introduces mindfulness as a way for teens to notice their attention and emotional patterns. Primarily though, it helps them understand how their brains respond in different situations and why focus or impulsivity occurs.

Tips and strategies for managing ADHD symptoms

- **The ADHD Workbook for Teens, Second Edition (2022) – Lara Honos-Webb**

This workbook provides practical exercises to improve focus, motivation, and emotional control. Teens learn strategies they can apply in school, at home, and in social situations.

- **The Survival Guide for Teenagers with ADHD (2009) – John F. Taylor**

This book gives advice for organization, time management, and handling strong emotions. It is written in a teen-friendly voice with tips that can be used every day.

- **ADHD According to Zoey (2019) – Julie A. Fast and Nina Fast**

This book shares practical strategies for managing symptoms such as distraction and impulsivity. It is written in a personal and encouraging tone to help teens apply solutions independently.

Tools and Activities

- **Focus Friend** | [Apple App](#), [Google Play App](#)

Focus Friend is a free app that helps teens 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, teens 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.

- **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 teens can understand. It offers guided exercises tailored to different age groups, including relatable informational clips, short meditations, breathing exercises, and calming visualizations. For teens 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 app for teens!

- [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 teens 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. Teens 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.

- **GoNoodle** | [Website](#), [Apple App](#), [Google Play App](#)

GoNoodle is an interactive movement and mindfulness platform designed specifically for kids and teens, 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 teens with ADHD tools they can use on their own to feel calmer, more focused, and confident throughout the day.



Websites and Articles

- **[CHADD.org](https://chadd.org) (Children and Adults with Attention-Deficit/Hyperactivity Disorder)**
CHADD offers a wide range of resources for teens to learn about ADHD and how it affects focus, emotions, and daily routines. Teens can explore practical strategies for organization, managing distractions, and connecting with peers who share similar experiences.
- **[ADDitude Magazine \(additudemag.com\)](https://additudemag.com)**
ADDitude provides articles, guides, and videos tailored for teens with ADHD. Teens can access advice on managing schoolwork, friendships, and emotions, along with tips for improving focus and staying on top of tasks.

Videos and Creators

- **[Jessica McCabe \(How to ADHD\)](#) | [Youtube](#), [TikTok](#), [Instagram](#)**
A well-known ADHD educator who creates engaging, easy-to-understand videos about how ADHD works and how to manage it. Her content breaks down topics like motivation, focus, and emotional regulation in a relatable and practical way.
- **[Ned Hallowell](#) | [YouTube](#), [TikTok](#), [Instagram](#)**
A psychiatrist who shares a strengths-based perspective on ADHD, helping normalize the experience and highlight positives alongside challenges. His work often focuses on building confidence and understanding how ADHD can be managed successfully.
- **[Tracey Marks](#) | [YouTube](#), [TikTok](#), [Instagram](#)**

A psychiatrist who creates clear, educational videos on ADHD and other mental health topics. Her content explains symptoms, treatment options, and coping strategies in a straightforward and easy-to-follow way.