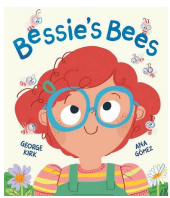
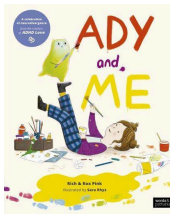
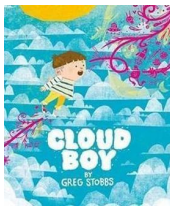


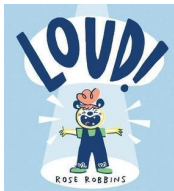
Books featuring characters with ADHD

A school reading list for primary-aged children and older readers. These books offer opportunities to feel recognised, explore different experiences and talk about neurodiversity. A selection of non-fiction titles is included at the end.

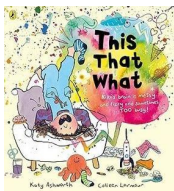
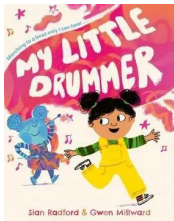
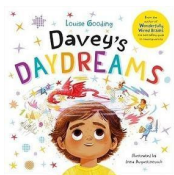
Age recommendations come from the source websites and generally reflect interest levels rather than independent reading ability. Choose books to suit each child's interests and needs, and consider sharing them together.

Picture books and younger readers

	Bessie's Bees By George Kirk Illustrated by Ana Gómez Recommended age 3+ years Bessie's head buzzes with bees, a metaphor for her busy thoughts. Starting nursery makes her feel different, but Granny helps her find a way to be herself.
	Ady and Me By Rich Pink and Rox Pink Illustrated by Sara Rhys Recommended age 3-5 years Sophie and her unseen friend Ady navigate the school day together. Their adventures explore the challenges and creativity of ADHD, showing how understanding can help children feel valued.
	Cloud Boy By Greg Stobbs Recommended age 4-5 years Bobby floats into the clouds whenever his thoughts wander. Trying to keep himself grounded leaves him feeling empty, until a more accepting approach makes room for his imagination.

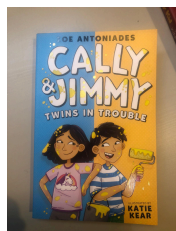
	Loud! By Rose Robbins Recommended age 4-9 years Abigail finds classroom expectations difficult, until a teacher discovers her talent for music. A lively story about being understood and finding your voice; ADHD is implied rather than named.
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More picture books

	This That What By Katy Ashworth Illustrated by Colleen Larmour Recommended age 4-5 years An energetic girl's thoughts leap from one idea to another. This playful story celebrates a creative mind while helping children understand what it can feel like to struggle with focus.
	My Little Drummer By Sian Radford Illustrated by Gwen Millward Recommended age 4-7 years A rhyming picture book exploring a child's experience of ADHD. Its lively imagery celebrates individuality and offers a gentle starting point for talking about how different minds work.
	Davey's Daydreams By Louise Gooding Illustrated by Irina Avgustinovich Recommended age 4-5 years Davey finds it difficult to stay focused at school. This accessible picture book explores inattentive ADHD and opens conversations about daydreaming, understanding and the support children may need.

Early chapter books

Shorter illustrated stories for developing readers.

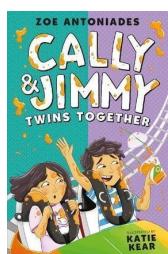


Cally & Jimmy: Twins in Trouble

By Zoe Antoniadou | Illustrated by Katie Kear

Recommended age 6-10 years

Four funny stories follow twins Cally and Jimmy through baking disasters, school mishaps and birthday chaos. Jimmy has ADHD, and the stories make space for his strengths as well as his difficulties.

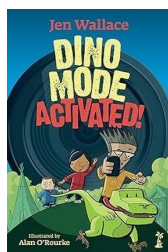


Cally and Jimmy: Twins Together

By Zoe Antoniadou | Illustrated by Katie Kear

Recommended age 5-14 years

Ten-year-old twins Cally and Jimmy have very different personalities. Their adventures show how sibling loyalty, humour and acceptance help them stick together when Jimmy's ADHD brings challenges.



Dino Mode Activated!

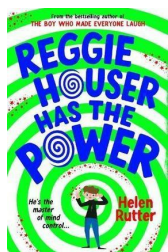
By Jen Wallace | Illustrated by Alan O'Rourke

Recommended age 7-11 years

Oleg wants to become an internet sensation, but his new camera has unexpected powers. A camping trip turns chaotic in this funny adventure featuring a neurodivergent main character.

Longer novels for upper primary and beyond

These age bands extend beyond primary school.

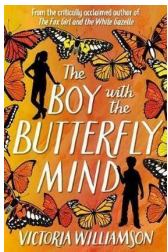
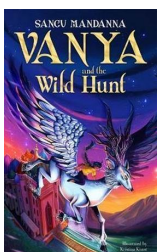


Reggie Houser Has the Power

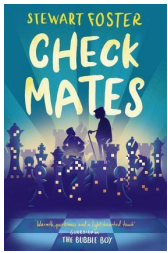
By Helen Rutter

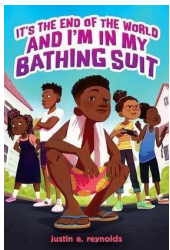
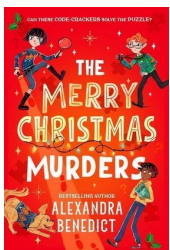
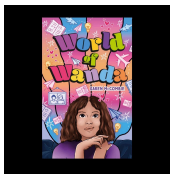
Recommended age 9-14 years

Reggie has ADHD and wants to fit in. Learning to influence other people leads to funny mishaps and important discoveries about friendship, confidence and trusting his own mind.

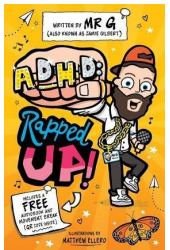
	The Boy with the Butterfly Mind By Victoria Williamson Recommended age 9-14 years Jamie, who has ADHD, and Elin tell their stories as their families come together. An emotional novel about belonging, acceptance and the challenges of living in a blended family.
	Show Us Who You Are By Elle McNicoll Recommended age 9-14 years Autistic Cora forms a close friendship with Adrien, who has ADHD. A mysterious company creating lifelike holograms draws them into a story about identity, friendship and whose differences are valued.
	Vanya and the Wild Hunt By Sangu Mandanna Illustrated by Kristina Kister Recommended age 9-14 years Vanya, who has ADHD, discovers that books can speak to her and monsters are real. An enchanted school and hidden family secrets launch her into a magical adventure.

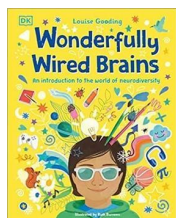
Older readers

	Check Mates By Stewart Foster Recommended age 12-14 years Felix struggles with school expectations and ADHD. Learning chess with his grandad brings unexpected confidence, a closer relationship and clues to a secret from his grandfather's past.
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	It's the End of the World and I'm in My Bathing Suit By Justin A. Reynolds Recommended age 11-14 years Eddie, who has ADHD, has a clever plan to avoid laundry. When a blackout interrupts his summer, he and his friends face an unexpected adventure full of humour and uncertainty.
	The Merry Christmas Murders By Alexandra Benedict Recommended age 9-14 years Brooke, who is autistic and has ADHD, finds friends in a neurodivergent school club. When mysterious deaths follow, the group uses its talents to investigate. Includes murder and poisoning.
	World of Wanda By Karen McCombie Recommended age 9-12 years Twelve-year-old Wanda travels with her mum and longs for a settled home. Told through her lively ADHD perspective, a surprising family discovery sets her on a new adventure.

Non fiction about ADHD and neurodiversity

	ADHD: Rapped Up! By Jamie "Mr G" Gilbert Illustrated by Matthew Ellero Recommended age 9-11 years An interactive introduction to ADHD with raps, practical tips and movement breaks. Short sections make it useful for shared reading and discussions about understanding and supporting different brains.
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Wonderfully Wired Brains

By Louise Gooding | Illustrated by Ruth Burrows

Recommended age 7-9 years

An illustrated guide to neurodiversity, including ADHD and autism. Clear explanations, brain facts and real-life examples help children explore differences and build understanding of themselves and others.