



**Building a
Neuroinclusive
School**

● **QUICK GUIDE** ●

Books To Learn About Neurodiversity

Here are some books to help everyone understand what neurodiversity is and what it feels like, as well as exploring specific differences like ADHD and autism.

Having these books in your classroom and school library, and recommending them to families, is a fun and easy way to explore neurodiversity. It helps everyone appreciate the variety in how our brains work, while normalising and celebrating differences.

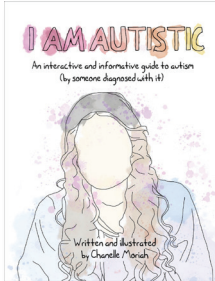


Learn more at
www.neurodiversity.org.nz/bns
or by scanning the QR code.



Neurodiversity
in Education
Project

Recommendations



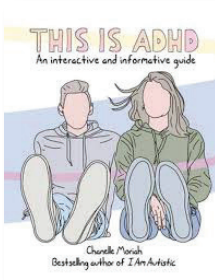
I Am Autistic

Chanelle Moriah

(Allen & Unwin, 2022)

This book describes many common aspects of autism, in very human and relatable ways. It's super reader-friendly, with lots of visuals, and interactive, inviting the reader to reflect on their own experiences. Aimed at older teens.

Reference Book



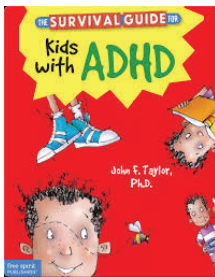
This is ADHD

Chanelle Moriah

(Allen & Unwin, 2023)

This book covers common aspects of ADHD in a relatable, reader-friendly way. Easy to flick through, it's perfect for older teens.

Reference Book



The Survival Guide for Kids with ADHD

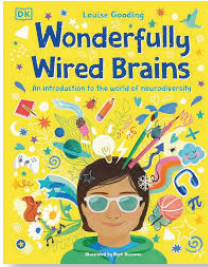
John F Taylor

(Free Spirit Publishing, 2013)

A user-friendly guide for older primary school students to help them understand ADHD. It offers really practical, funny insights and strategies.

Reference Book

Others in *The Survival Guide* series include *The Survival Guide for Gifted Kids* and *The Survival Guide for Kids with Autism Spectrum Disorder*.

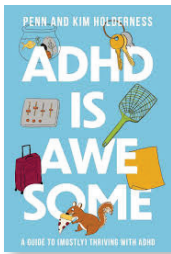


Reference Book

Wonderfully Wired Brains

Louise Gooding
(Dorling Kindersley, 2023)

Aimed at primary school students, this book provides accurate information about neurodiversity while challenging stereotypes and misconceptions.

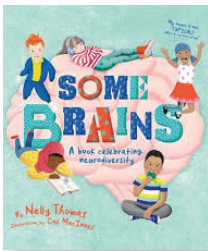


Reference Book

ADHD is Awesome

Penn & Kim Holderness
(Harper Horizon, 2024)

For older teens and adults, this is a fun, fast-paced and ADHD-friendly book, full of relatable stories of everyday life with ADHD and strategies to help.

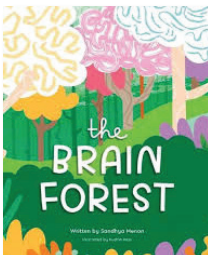


Picture Book

Some Brains

Nelly Thomas
(Black Incorporated, 2020)

A beautiful picture book for primary school students, exploring and celebrating the strengths of different types of brains.



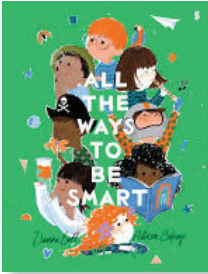
Picture Book

The Brain Forest

Sandhya Menon
(Onwards & Upwards Psychology, 2022)

Designed for primary school aged children, this is a simple and beautiful exploration of all sorts of brains, celebrating their different strengths.

Picture Book



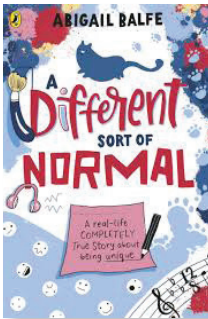
All The Ways To Be Smart

Davina Bell

(Scribe Publications, 2022)

A simple rhyming book celebrating different ways of being 'smart'. This is fun and validates differences.

Chapter Book



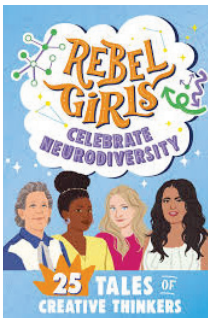
A Different Sort of Normal

Abigail Balfe

(Penguin Random House Children's UK, 2021)

This is Abigail's "Real-Life COMPLETELY True Story About Being Unique"! For older primary school students, this book explains aspects of autism in user-friendly language and drawings.

Chapter Book



Rebel Girls Celebrate Neurodiversity

Rebel Girls

Penguin Books

This beautifully illustrated book explores the creative thinking of 25 neurodivergent girls and women - artists, athletes, innovators and more! As part of the Rebel Girls series, you can dive deeper into each of their stories via the Rebel Girls app.

Building A Neuroinclusive School is a FREE learning platform and community-building programme for primary and secondary school leaders and teachers. Check out more FUN and PRACTICAL resources at www.neurodiversity.org.nz/bns



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