

Free Resources for Supporting Neurodivergent Children (Ages 6–16)

This toolkit includes high-quality, free resources for parents, educators, and therapists supporting neurodivergent children with ADHD, Autism, DCD/Dyspraxia, sensory processing differences, and executive functioning challenges.

1. General Neurodiversity Support

Understood.org: <https://www.understood.org>

ADDitude Magazine: <https://www.additudemag.com>

2. Free Printable Tools & Activity Packs

The OT Toolbox: <https://www.theotttoolbox.com>

Pathways.org: <https://www.pathways.org>

Twinkl SEND Resources: <https://www.twinkl.ie/resources/send>

3. Sensory Processing & Regulation

Sensory Integration Education: <https://www.sensoryintegration.org.uk>

And Next Comes L: <https://www.andnextcomesl.com>

4. DCD / Dyspraxia Support

CanChild DCD Resources:

<https://www.canchild.ca/en/diagnoses/developmental-coordination-disorder>

Dyspraxia Foundation UK: <https://dyspraxiafoundation.org.uk>

5. Autism Spectrum Resources

National Autistic Society: <https://www.autism.org.uk>

Autism Little Learners: <https://www.autismlittlelearners.com>

6. Emotional Regulation & Mental Health

Zones of Regulation (Free Templates - Search):

<https://www.teacherspayteachers.com>

Child Mind Institute: <https://www.childmind.org>

7. Executive Functioning Tools

Smart but Scattered (Search 'Free PDF'):

<https://www.google.com/search?q=Smart+But+Scattered+free+PDF>

Sarah Ward's Executive Function Strategies (via schools/therapists):

<https://efpractice.com>