



Kindergarten through Fifth Grade Storybooks with Neurodiverse Characters to Teach Different Thoughts & Feelings

Book Title	Reference	Neurodiversity Type	Summary	Tips When Reading
<i>Nathan's Autism Spectrum Superpowers</i>	Yarborough, L. L. (2018). <i>Nathan's autism spectrum superpowers</i> (N. Merheb, Illus.). One Three Nine Inspired Press.	Autism	This book describes unique needs of an autistic boy framed as his "superpowers."	Pause and ask your child if they've seen someone with similar "superpowers" or what they might think or do if they met someone similar to Nathan.
<i>See Me</i>	Petrovic, D. (2022) <i>See me: The invisible autistic boy</i> (D. Petrovic, Illus.). (S. Petrovic, Ed.). Self-published.	Autism	This book describes the experiences of the autistic author through an extended metaphor of feeling invisible and then gradually being seen by his peers for who he is.	Discuss what David thinks or feels when he feels invisible and how that changes when he starts to feel seen. Ask your child if they've ever felt invisible before.
<i>All My Stripes</i>	Rudolph, S.& Royer, D. (2015). <i>All my stripes: A story for children with autism</i> (J. Zivojin, Illus.). Magination Press.	Autism	Zane the zebra feels like no one understands him because of his autism but his mom shares how autism is one of the many stripes that make him who he is.	On different pages, point out what Zane thinks or feels and what his classmates think or feel. Compare and contrast these thoughts and feelings between characters.
<i>Brilliant Bea</i>	Rudolph, S. & Vukadinovich, M. (2021). <i>Brilliant Bea: A story for kids with dyslexia and learning differences</i> (F. Lee, Illus.). Magination Press.	Dyslexia	Bea feels stuck at school due to her dyslexia but her teacher helps her lean into her strengths which builds her confidence and fosters social connections	Ask your child how they think Bea feels across the different pages. How do her emotions and thoughts change as the story progresses?
<i>My Busy, Busy Brain</i>	Russell, N. (2021). <i>My busy, busy brain: The ABCDs of ADHD, a resource and children's book about ADHD</i> (A. Thomas, Illus.). Wise Ink Creative Publishing.	ADHD	Nicole struggles with her ADHD in the classroom until one day she decides to be brave and advocate for herself. She realizes that a lot of her classmates have similar needs and that the world would be very boring if everyone had the same brain.	Talk about how people with different brains have different strengths and needs. Ask your child how they think Nicole feels when she is getting ready to advocate for her needs. Discuss how her thoughts about ADHD and herself change from the beginning to the end of the book.

Access the [white paper](#) by TRRC Faculty Affiliate, Dr. Kristen Secora, to read more about the research support for ToM and how it can be taught.