

Anita & Carrie's Favorite Resources

Websites

- STAR Institute
 - Videos, handouts, and articles on sensory processing
 - Updated sensory processing nosology
 - www.sensoryhealth.org
- Interoceptive Curriculum Workbook
 - Kelly Mahler
 - <https://www.kelly-mahler.com/what-is-interoception/>
- ADHD DBT Workbook
 - <https://a.co/d/3P0RW4i>
- All Brains Belong
 - Neurodiversity affirming resources connecting the different health conditions impacting neurodivergent humans
 - www.allbrainsbelong.org
- Attitude Magazine
 - Free ADHD webinars
 - Articles and ADHD resources
 - <https://www.additudemag.com/>
- PlaySpark
 - Neurodiversity affirming clothing, signs, and stickers
 - <https://play-spark.com/>
- CHADD
 - Free resources and articles
 - International annual conference for providers and the general public
 - <https://chadd.org/>
- ADDA
 - Free resources and articles
 - Low cost monthly (~\$7) with access to all webinars and great peer support groups
 - add.org
- Parenting and Praise
 - [Dr. Chelsey Hauge-Zavaleta](#).

Timers

- Time Timer
 - <https://a.co/d/8eYeZni>
- Cube Timer
 - <https://a.co/d/bVZQr8q>
- Your phone timer
- Alexa or Google Mini
 - <https://a.co/d/hhx0iMV>
 - Alexa you schedule automatic reminders that say what you write
 - Being able to give voice commands in the moment sets ADHDers up for success!

Anita & Carrie's Favorite Resources

Productivity/Executive Function Support

- White boards and dry erase checklists for executive function support
 - <https://a.co/d/7vB6EZg>
- [Eisenhower Matrix](#)
- [Panda Planner](#)
 - Good for lots of tasks
- [Clever Fox](#)
 - Medium tasks
 - See the full week



Shared To Do Lists

- I-phone notes or reminders (reminders you can schedule notifications)
- Trello, ToDoist etc.
- ADHD planner:
 - https://www.tiktok.com/@thecenteredlifeco/video/7204538155666656558?is_from_webapp=1&sender_device=pc&web_id=7333635396741563935
 - <https://thecenteredlife.co/shop/p/printable-adhd-life-planner-the-clarity-planner-w-editable-canva-template>
- Echo Show: Can sync calendars and display them https://www.amazon.com/smart-display-Alexa-Remote-included/dp/B0BHZX3TYV/ref=asc_df_B0BHZX3TYV/?tag=hyprod-20&linkCode=df0&hvadid=680304482839&hvpos=&hvnetw=g&hvrnd=5530180200613019724&hvpone=&hvpstwo=&hvgmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9028288&hvtargid=pla-2261210774068&psc=1&mcid=2601303c07863891ab9c56926149fccb&gad_source=1

Technology Apps

Reminder Apps:

- Reminders App, time or location for reminder to alert
- Calendar App w/ alarms
- Alarms
- Timer
- WhatsApp allows you to schedule reminder texts

Productivity Apps:

- [Magic ToDo - GoblinTools](#)
 - Helps break down tasks
 - App also includes:
 - Brain dump list to tasks
 - Changing tone for communication
 - Recipe Creator

Anita & Carrie's Favorite Resources

- Excellent review and breakdown of productivity apps
 - https://www.reddit.com/r/ADHD/comments/r2zi3r/i_spent_over_500_days_trying_productivity_apps_so/
- Meal Planning
 - Meal lime
 - Meal ideas, choose serving size, creates grocery list, and gives easy step-by-step directions including when to chop
 - Paprika
 - Stores & Creates recipes from links
 - Easy menu add and grocery list from menus
 - Easy to search
 - Goblin AI
 - Feature that will create a recipe with food you currently have

Anita & Carrie's Favorite Resources

Fidgets

Shashibo Shape Shifting Puzzle	
Tangle	
Needoh Gumdrops	
Fidget Ring	 
Fidget spinner	
Visual Timer	
Squeeze ball fidgets	
Fidget Cube	
Marble Mesh	
Magnet Balls	
Wacky Tracks	
Chain	