

Reading List for High School Students

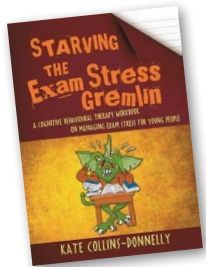


Books for students with Autism, their peers, teachers and families



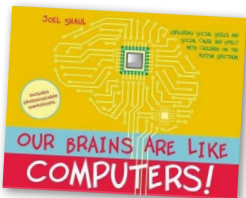
All Birds have Anxiety By Kathy Hoopmann.

With a light-hearted depiction of bird behaviour, this book uses colourful images and gentle humour to explore what it means to live with anxiety, and how to begin to deal with it.



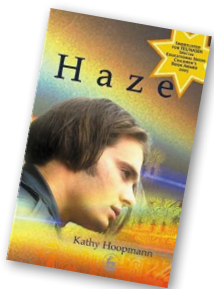
Starving the Exam Gremlin—A Cognitive Behavioural Therapy Workbook on Managing Exam Stress for Young People By Kate Collins-Donnelly.

When exam time comes around, the exam stress gremlin is in his element, feeding off your exam fears and anxieties. This workbook teaches you how to starve your gremlin by learning to cope with exam stress. Full of fun activities based on cognitive behavioural therapy, it is an ideal resource for supporting young people ages 10 and over.



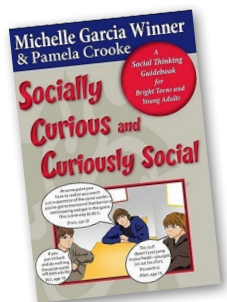
Our Brains are like Computers By Joel Shaul.

This highly visual social skills book uses diagrams and computer terminology to explain how our words and actions can affect other people. The book provides an innovative way of explaining social thinking to children and teens on the Autism spectrum. Photo copyable worksheets are included.



Haze By Kathy Hoopman.

Seb is a loner. Brilliant with numbers but not so good with people, he prefers the company of computers and his only friend, Guzzle. Seb is soon caught up in a web of computer fraud and lies and turns to a mysterious cyber friend for help. Weaving the facts of Asperger Syndrome into the story, Haze is a riveting read for young teens of wide ranging abilities.



Socially Curious, Curiously Social: A Social Thinking Guidebook for Bright Teens & Young Adults by Michelle Garcia Winner & Pamela Cooke.

A guidebook developed with the input of neurodivergent teens and young adults as a way to help sail the stormy seas of dating, texting, lies, and everyday relationships. Targeted strategies encourage readers to better navigate their social worlds, develop stronger social competencies, and manage social anxiety.



The Disappointment Dragon by K. I. Al-Ghani.

This book is suitable for ages 6 to 14 and is designed to model for children how to manage complex emotions such as disappointment. It includes information for adults and a list of techniques that teachers, parents and professionals will find helpful to support children in exploring their own experiences of disappointment and other emotions.