

Pluto's Big Beach Day

A Story About ADHD

Kevin Link, LCMHC

Whispering Hills Counseling Services

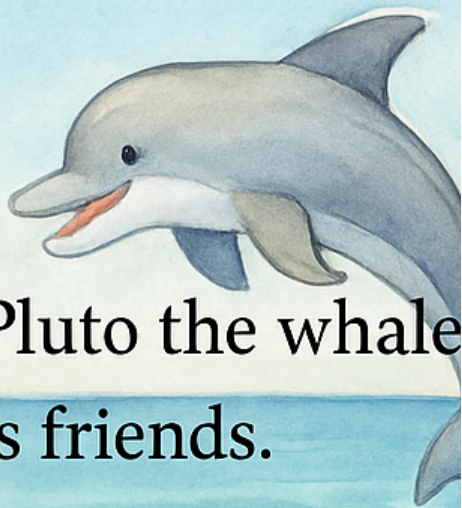
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In memory of
James Beckett Waddell




A cartoon-style illustration of a grey dolphin with a white belly, leaping out of the water. It has a friendly expression with a small open mouth showing a pink tongue. The background shows a blue sky with a few white clouds and a blue body of water.

On a sunny afternoon, Pluto the whale
lay on the beach with his friends.

A large, blue whale is lying on its side on a sandy beach. The whale has a small, dark eye and a small blowhole. The beach is a light tan color, and the ocean is visible in the background with gentle waves.

Fido the dolphin and Crabby the sand
crab kept him company,

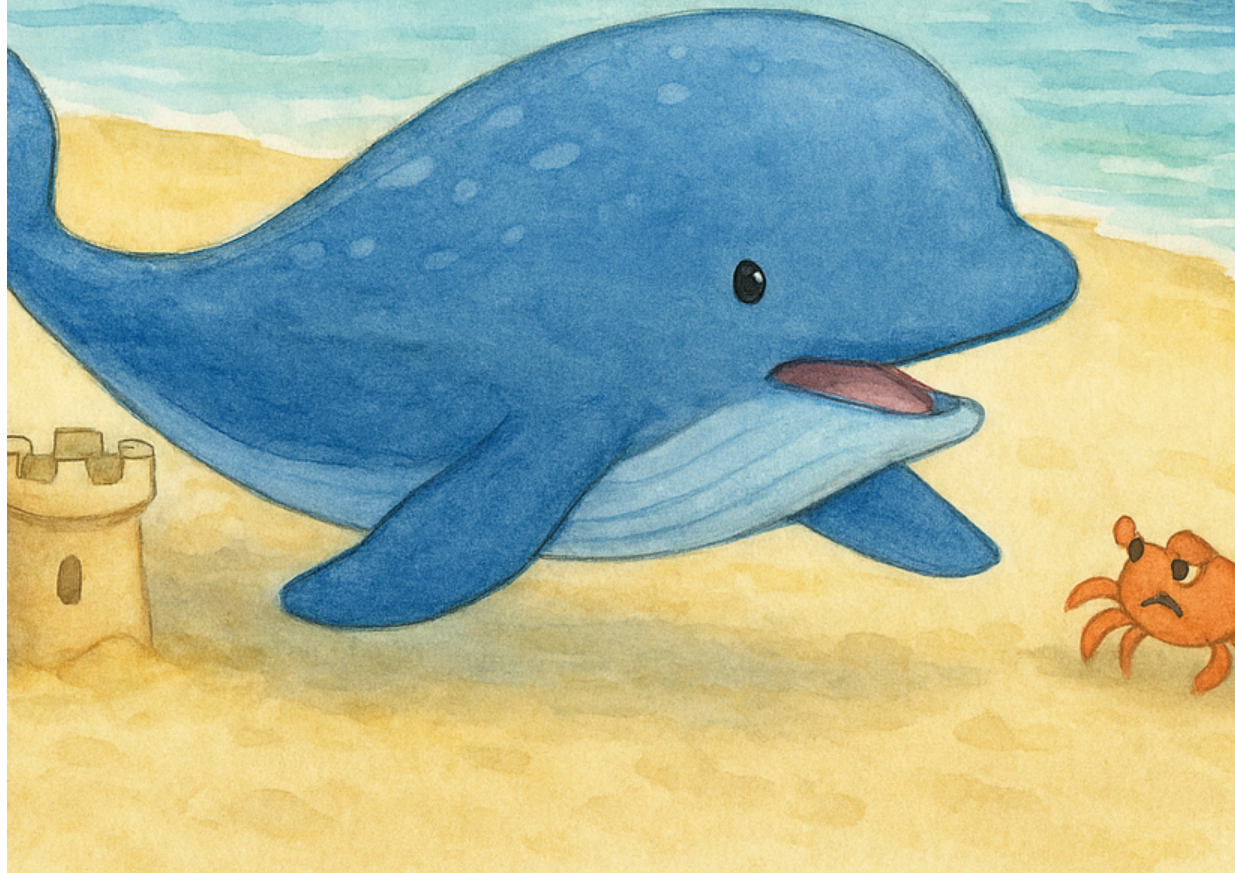
A small, bright red crab is standing on the sand. It has two large pincers (claws) and eight legs. It has a simple, happy face with two dots for eyes and a curved line for a smile.

Together, they enjoyed the sights and
sounds of the shore.

Pluto started building a sandcastle,
but then...

“Ooo! A seagull!”

He ran off chasing it, leaving the
half-finished castle behind.



Crabby clicked his claws. “Pluto, you’re super fun—but do you ever feel like your brain is doing somersaults?”

Pluto nodded. “All the time!
My thoughts are like fireworks.”







“First, take three deep breaths using listening shell.” Fido adds. “Then, use this fidget rock to help your hands stay busy but your brain stay here.” Fido added, And a plan! Checklists help you remember what’s next.

Pluto took a deep breath, squeezed his fidget rock, and followed the plan. Soon, the biggest, squishiest sandcastle on the beach stood tall. “I did it!” he cheered.







As the sun set, Pluto smiled.
“I like my fireworks brain,” he said.
‘And now I know how to use it.’

About the Author



**Kevin Link Jr.,
MA, NCC, LCMHC**

Founder of Whispering Hills
Counseling Services
Hendersonville, North Carolina

Kevin Link Jr. is a licensed mental health counselor with a passion for helping children thrive. He specializes in working with kids who have ADHD, autism, and anxiety, using proven approaches like EMDR and play-based therapy. Through his counseling work, Kevin has helped many children build confidence, self-regulation skills, and a deeper sense of self-worth.

He created this book to help children feel seen, supported, and empowered—especially those who may feel “different” in how they learn, move, or think. With characters like Pluto, Fido, and Crabby, Kevin brings humor and heart to an important topic.

When he’s not providing therapy or writing, Kevin enjoys spending time outdoors, reading, and exploring the mountains of North Carolina.



Does your child ever feel wiggly,
distracted, or misunderstood?

You're not alone—and neither are they.

Pluto's ADHD Beach Adventure is
a heartwarming and fun story that helps
children understand ADHD in a way
that's empowering, not overwhelming.

Join Pluto the Whale and his ocean friends—
Fido the fast-swimming dolphin and Crabby
the sand crab—as they explore how
differences in attention and energy can
actually be strengths.

Written by licensed mental health counselor
Kevin Link Jr., MA, NCC, LCMHC, this story
is designed to help kids feel seen, supported,
and celebrated just as they are.



A great tool for parents, therapists,
and teachers



Perfect for children ages 6-10



Encourages self-awareness,
kindness, and confidence

Learn more at

www.whisperinghillscounseling.com