



Connected Travel

BEYOND THE BROCHURE

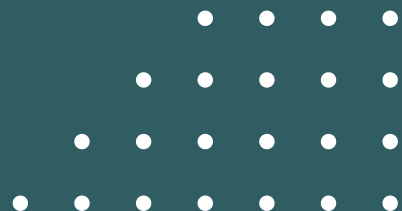
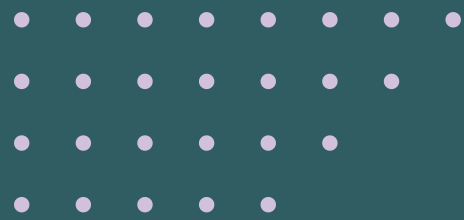
TRAVEL THROUGH MY EYES

An airport and flying
guide for kids

THIS BOOK BELONGS TO:



Prepared by
Jade Sharp | Connected Travel



LETS PACK FOR MY TRAVEL ADVENTURE

Every adventure starts with packing.
Some things come with us, and some things stay safely at home.
Let's choose what to pack for the adventure ahead.

1 DRAW OR WRITE

Draw or write the things you would like to take on your trip.



2 MY 5 IMPORTANT THINGS

What 5 things would you really like to bring?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



TRAVEL TIP

When we travel, our home is locked and looked after.

The things we leave behind stay where they belong until we come back.

LEAVING HOME HOME IS WAITING FOR ME

It can feel tricky leaving home for a trip. Knowing I will come home again can help me feel calm and ready for my adventure.

I leave home on:.....

I come home on:.....

I will be away for:..... sleeps

HOME IS WAITING FOR ME

Draw or write some things that will be waiting for you when you get home.



My bedroom



My pets



My favourite toy



My bike



My LEGO



My backyard

MY COUNTDOWN HOME

Write your countdown numbers along the flight path below.
Cross one number off each day as your trip goes by.



LEAVING HOME



HOME AGAIN!



TRAVEL TIP

Every trip has a beginning, a middle and an end. When my trip is finished, I come home again.

GOING TO THE AIRPORT

Airlines can be busy places.

At the airport, there may be lots of people, sounds and things happening. Let's look for some things you might notice when you arrive.

CAN YOU FIND THESE THINGS?

- Suitcase
- Plane
- Check-in desk
- Flight screen
- People waiting
- Signs
- Trolley
- Cafe
- Headphones
- Toilet sign

AT THE AIRPORT...

- The airport can be noisy.
- We might smell different smells.
- It can be busy and crowded.
- Lots of people are getting ready for their trip.

MY AIRPORT TOOLBOX

Draw or write things that help you feel calm & comfortable.



TRAVEL TIP

Airports can feel different to places we visit every day. Knowing what to expect can help us feel more prepared for the journey ahead.

MY SUNFLOWER LANYARD

A Sunflower Lanyard helps airport staff know that I might need extra support, time or understanding.

THESE THINGS SOUND LIKE ME

Draw a line from the lanyard to the things that sound like you.

I don't like loud noises.

Busy places can feel tricky.

I might need extra time.

I might feel worried.



Waiting feels hard

I like to know what happens next.

I might need a break.

Something else that is helpful for me:

MY SUNFLOWER JOURNEY

Can you spot places where your lanyard might help? Circle them on the map.



TRAVEL TIP

Needing extra time, support or understanding is okay. The Sunflower Lanyard helps people know how to support me.

SAYING GOODBYE TO MY BAG

Sometimes it can feel strange watching our suitcase disappear. Let's follow its journey through the airport.

FOLLOW MY BAG

Trace the path to see where my bag goes.







- 1 CHECK-IN COUNTER**
My bag gets a special tag.
- 2 ON THE CONVEYOR BELT**
- 3 IN THE BAGGAGE AREA**
- 4 LOADED ONTO THE PLANE**
- 5 TRAVELS WITH ME**
- 6 BACK WITH ME!**
Baggage Claim

WHAT DOES MY BAG TAG DO?

When I check in my suitcase, it gets a special tag.



The tag helps airport staff know:

-  where my bag is going
-  which plane it needs to go on
-  who the bag belongs to
-  where I can collect it when I arrive













TRAVEL TIP


Even when I can't see my suitcase, its tag helps it travel to the same destination as me.

GOING THROUGH SECURITY

Security helps keep everyone safe. At security, people and bags are checked before going on the plane.

1 SECURITY SEARCH & SORT
 Can you find these things in the picture?
 Tick each one when you find it.

									
Teddy	Headphones	iPod	Drink bottle	Backpack	Shoes	Jacket	Belt	Phone	Boarding pass
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



2 THE X-RAY MACHINE

The X-ray machine takes a picture of what is inside my bag.
 Sometimes it is not clear and that's why they might need to look inside.




3 SOMETIMES THEY NEED TO CHECK MY BAG

After my bag goes through the X-ray machine, airport staff might need to look inside.
 This is okay. It does not mean I have done anything wrong.
 They are checking that everything is safe.
 I get my bag back when they are finished.



1 My bag goes through the X-ray machine.

2 Airport staff might ask to look inside my bag.

3 They check my bag carefully to make sure everything is safe.

4 I get my bag back when they are finished.

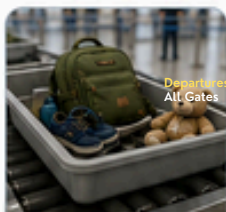
WALKING THROUGH SECURITY

I will walk through a metal detector or body scanner. My grown up will be waiting for me on the other side.



1 ORDER THE STEPS

Put the steps in the right order.
Write the numbers 1 to 5 in the boxes.



I put my things in a tray.



I walk through the metal detector or body scanner.



Airport staff might ask me to step through.



My tray goes through the X-ray machine.



I get my things back on the other side.

Start here



TRAVEL TIP

Sometimes I walk through a metal detector.
Sometimes I use a body scanner.
Airport staff will tell me what to do, and my grown-up will be waiting for me on the other side.



METAL DETECTOR



BODY SCANNER

WAITING AT THE GATE

While we wait, lots of people are getting the plane ready for our journey.



CAN YOU FIND THESE?



fuel truck



bags being loaded



food truck



ground crew



cleaning crew



crew at the gate



DID YOU KNOW?



Planes need thousands of litres of fuel before they can fly.



Your bags travel underneath the plane in a special baggage area.



Food and drinks are loaded onto the plane before passengers board.



Pilots check the weather and flight route before take-off.

BOARDING THE PLANE

Boarding can feel busy. Lots of people stand up and get ready to board the plane. Even if the line looks long, the plane will not leave without you.

YOU MAY BOARD VIA THE AEROBRIDGE OR TARMAC.

AEROBRIDGE

Walk through the tunnel straight onto the plane.



TARMAC

Walk outside or catch a bus across the airport to the plane.



DID YOU KNOW?

Sometimes we board through an aerobridge. It connects the airport directly to the plane.

Sometimes we board on the tarmac. We can often see the plane up close. It might feel:



noisy



windy



exciting

WHERE MIGHT I SIT ON THE PLANE?

FRONT
ROWS 1-20

Find the area where you might sit.

MIDDLE
ROWS 20-40

REAR
ROWS 40-60



TRAVEL TIP

Boarding can feel rushed, but there is enough time. Your boarding pass tells the airline you are coming, and staff will guide everyone onto the plane.

WHEN I'M ON THE PLANE

Once I find my seat, I get ready for the flight. Planes can feel different inside. There are new sounds, smells, spaces & routines.

WHAT MIGHT FEEL DIFFERENT?

ENGINE NOISE	SEATBELT SIGN	FOOD SMELLS	PLANE TOILET	SAFETY BRIEFING
The plane can sound loud, especially during take-off.	When the seatbelt sign is on, I need to stay seated with my seatbelt fastened.	Plane food may smell different. I can bring snacks from home.	Plane toilets are small and can make loud noises when they flush. I can cover my ears or wear my headphones.	Before take-off, cabin crew explain what to do to stay safe. It helps everyone have a safe and smooth flight.

WHAT MIGHT I DO ON THE PLANE?

Tick the things you might like to do.

watch something	read	draw	listen	rest	snack	play with some toys	play a game
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THINGS THAT MIGHT HELP ME

Tick the things that might help you.

headphones	water bottle	snack	jumper	comfort item	fidget
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I WILL BE FLYING FOR:



_____ hours

HOW I MIGHT FEEL ABOUT MY TRIP

Input from
Lisa Carrick
Early Childhood Intervention KeyWorker

It's normal to feel lots of feelings when we travel. Which feelings do you have right now?

Tick or colour the feelings that match how you feel.

Excited <input type="radio"/>	Happy <input type="radio"/>	Curious <input type="radio"/>	Nervous <input type="radio"/>	Worried <input type="radio"/>	Unsure <input type="radio"/>	Proud <input type="radio"/>	Tired <input type="radio"/>
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MY BODY MIGHT FEEL...

 Butterflies in my tummy <input type="radio"/>	 My heart is beating fast <input type="radio"/>	 Sweaty hands <input type="radio"/>	 Wiggly legs <input type="radio"/>	 Tight shoulders <input type="radio"/>	 Busy thoughts <input type="radio"/>	 Feeling shaky <input type="radio"/>	 Smiling and energetic <input type="radio"/>
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All feelings are okay.
My feelings can change.

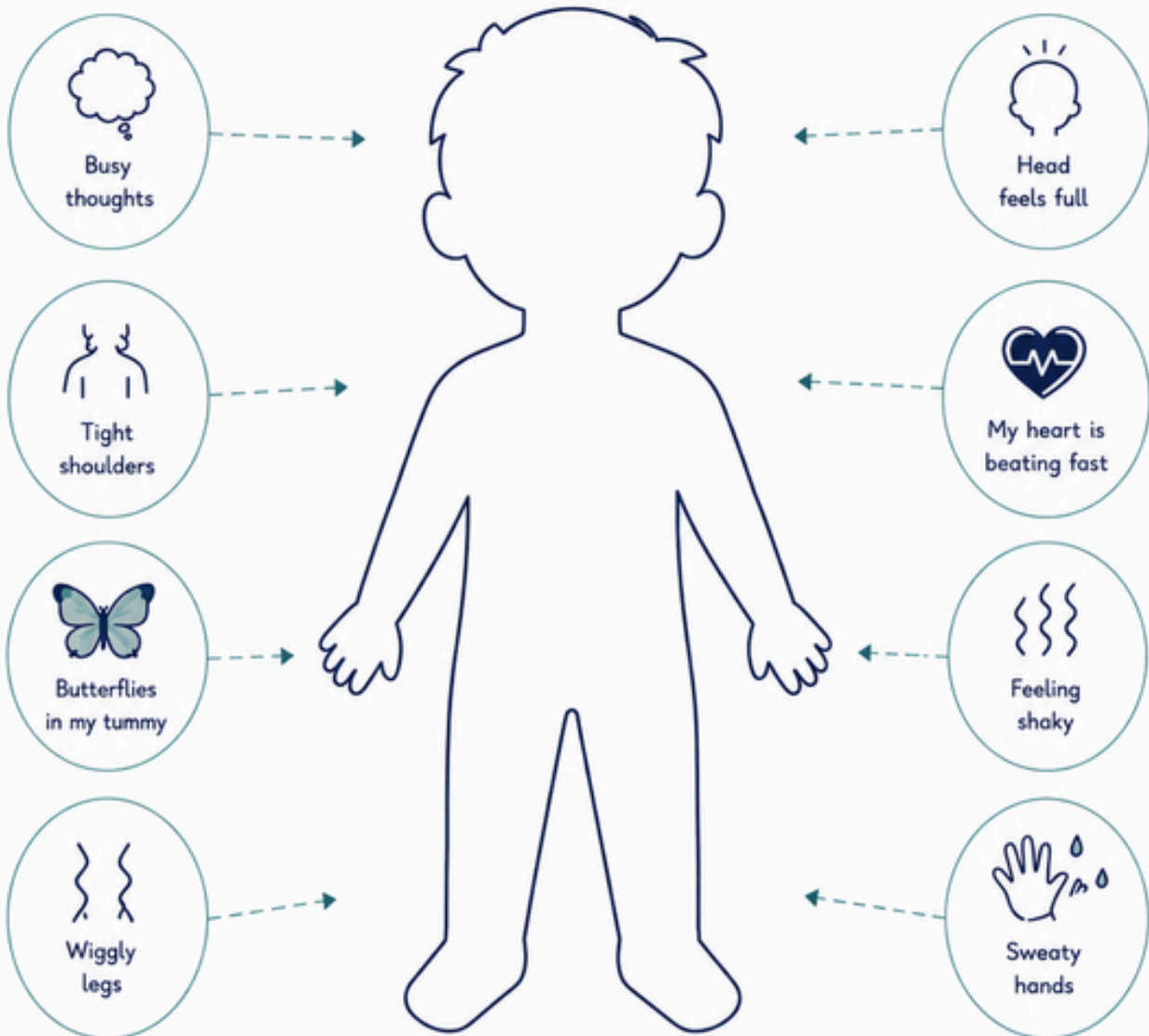



WHAT IS MY BODY TELLING ME?

Input from
Lisa Carrick
Early Childhood Intervention KeyWorker

Before I travel what does my body feel?

Draw, colour or add a sticker to show where you might feel these clues in your body.



 My body gives me clues.
I can listen to my body.

I CAN DO HARD THINGS

Input from
Lisa Carrick
Early Childhood Intervention KeyWorker

Sometimes travelling feels hard.

I can use helpful strategies to get through tricky moments.

Draw a line to match each tricky moment with a helpful strategy.

When this happens...

I feel nervous



I have to wait



The airport is noisy



The plane is bumpy



I don't like
change



I can try this...

Draw, read or
play a game



Talk to my
grown-up



Use headphones



Hold my comfort item
and remember
bumps are normal



5-finger
breathing



I have done hard things before,
and I can do hard things again!

Something hard I have done is

MY TRAVEL MEMORIES

every trip is unique and full of fun moments.
Think about your holiday and what you enjoyed.



Draw your favourite travel moment.



Something I saw:

.....



Something I liked:

.....



Something I want to remember:

.....



I travelled through the airport.

I did it! <=



ABOUT THIS RESOURCE

Travel Through My Eyes was created to help children understand the airport and flying experience before they are in it.

Airports can be busy, noisy and full of unfamiliar steps. For some children, knowing what may happen next can make the journey feel more predictable, manageable and less overwhelming.

This workbook is designed to help children:

- ✓ build familiarity with common travel moments
- ✓ understand what may happen at the airport and on the plane
- ✓ engage through drawing, matching, searching, sequencing and reflection
- ✓ feel more prepared for the journey ahead

This resource does not need to be completed all at once. Families can use the pages that feel most helpful before, during or after travel.



Find more family travel resources, destination guides and travel planning support.

ACKNOWLEDGEMENTS



Thank you to Necessity Kids for supporting the development of this resource and contributing valuable insight into how children can engage with travel preparation in a practical and meaningful way.

Special thanks to Lisa Carrick, Early Childhood Intervention Key Worker, for her thoughtful input around feelings, body clues, confidence-building and supporting children through new or challenging experiences.

PLAN YOUR FAMILY TRIP

I'm Jade Sharp, a family travel advisor with Connected Travel and a Certified Autism Travel Professional.

I specialise in thoughtful family travel planning, including trips where different ages, needs, energy levels and travel styles need to be considered.

Family travel, thoughtfully planned.



Connected Travel



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