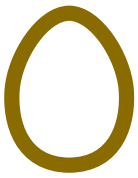
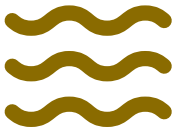
My Travel Day

First this, then this, then this. Check each box when it's all done. Times are approximate and can change, and that's okay.

DONE	#		STEP	ABOUT	WHAT HELPS
☐	1		**Eat breakfast at home**	**6:30 a.m.**	Usual breakfast, no surprises
☐	2		**Drive to the Rockford airport**	**7:15 a.m.**	Favorite music in the car
☐	3		**Walk inside, check our bag**	**7:45 a.m.**	Hold a grown-up's hand
☐	4		**Security line**	**8:00 a.m.**	Headphones on, fidget in pocket
☐	5		**Wait at the gate, watch planes**	**8:20 a.m.**	Snack and bathroom stop
☐	6		**Board plane, buckle seat belt**	**9:00 a.m.**	Board early or last, your choice
☐	7		**Fly (about 2.5 hours)**	**9:30 a.m.**	Tablet, chewy snack for ears
☐	8		**Land, get our suitcase**	**Noon**	Times can change, that's okay
☐	9		**Ride to the hotel**	**12:45 p.m.**	Water and quiet time
☐	10		**Check in, see our room**	**2:00 p.m.**	Unpack the comfort bag first
☐	11		**Rest or swim**	**3:00 p.m.**	Break built in on purpose
☐	12		**Dinner, bath, bed**	**5:30 p.m.**	Same bedtime routine as home

Cut out the cards, add Velcro to the back, and line them up on a strip. Pull each card off when it's "all done."

1  Eat breakfast at home	2  Drive to the Rockford airport	3  Walk inside, check our bag
4  Security line	5  Wait at the gate, watch planes	6  Board plane, buckle seat belt
7  Fly (about 2.5 hours)	8  Land, get our suitcase	9  Ride to the hotel
10  Check in, see our room	11  Rest or swim	12  Dinner, bath, bed

Keep the yellow “Change” card handy for delays. Use the blank cards for your own photos or drawings.



Change

Plans can change. That's okay.



Break



Wait



Bathroom



Snack



All done

My Day

Today is: _____ **We are going to:** _____

DONE	#	PICTURE	WHAT HAPPENS	ABOUT WHEN
☐	1			
☐	2			
☐	3			
☐	4			
☐	5			
☐	6			
☐	7			
☐	8			
☐	9			
☐	10			
☐	11			
☐	12			

For grown-ups

A social story explains one experience in detail. A visual schedule maps the whole day. Most families need both: the story answers “What is a muster drill?” and the schedule answers “When do we do it, and what comes after?”

How to use this schedule

- **Keep it to 8 to 12 steps,** with flexible times and a built-in break. The sample has a rest or swim break on purpose.
- **Pair each step with a picture.** Use the cut-apart cards, or glue your own photos onto the blank cards.
- **Make a strip.** Print the cards, Velcro them to a strip, and let your child pull each one off when it's “all done.”
- **Keep the “Change” card handy for delays.** It teaches that plans can shift and things are still fine.
- **If clock times cause stress, cut that column.** On the cards, times are left off for this reason.
- **Make one for every single day of the trip.** Use the blank “My Day” page. It's the first thing I make when we travel.

Pairs well with

- The free social stories in this set: **I Am Going on an Airplane**, **I Am Going on a Cruise**, **I Am Going to Disney World** and **I Am Staying in a Hotel**. Find them all at magicbeantravel.com.



Want help filling in your real details?

I'm Bonnie Nofsinger, a Rockford mom of two kids on the spectrum and an IBCCES Certified Autism Travel Professional. I help families plan the trip and the accommodations behind the story. Planning is free to you. **Call or text (815) 904-9755** or visit **magicbeantravel.com**.