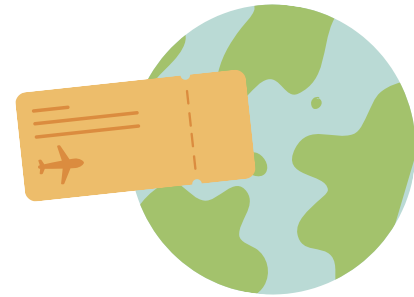


GOING ON AN AIRPLANE



Written for you, by:

PROJECT PLAY
THERAPY

**My family and I
are going on a
vacation! We will
be preparing to
go to the airport.**





First, we will pack up my things. We will pack my important stuff like clothes and things I use in the bathroom.

2

I can also bring things with me that will make me feel safe & comfortable on the plane like a stuffed animal, small toy, blanket, or headphones.



3

After we're packed,
we will go to the
airport and check in.
The airport is a big
place with a lot of
people. I need to stay
near my family to
stay safe.



4

At the check-in, a
nice person will ask
me to put my bag
on the scale. After
this, my bag will go
to the plane. I will
get my bag back
later when I get off
of the plane!



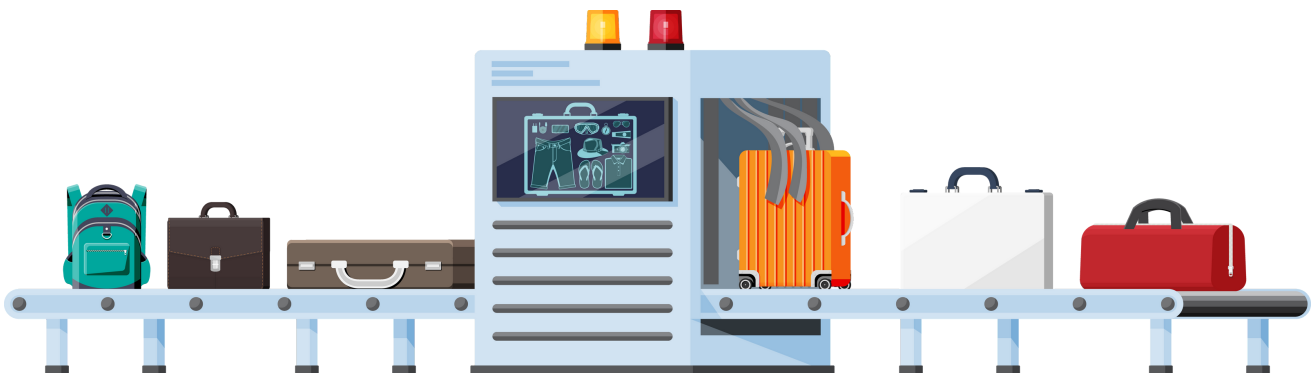
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My family and I will go to the security station next. Usually there is a long line, but I can be patient.

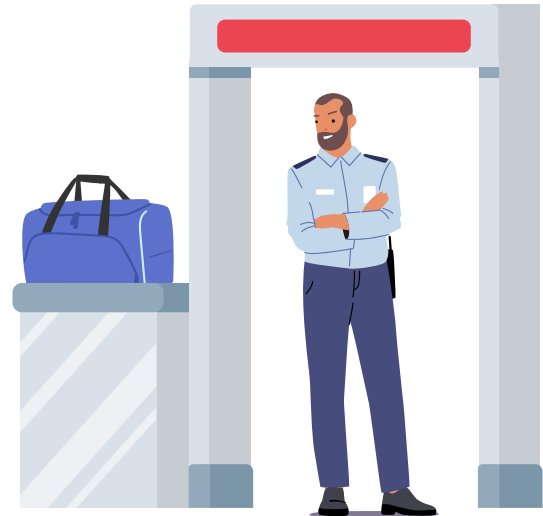
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At security, an officer will scan my ticket and I will put my shoes and other things I am holding into a bin to go through an x-ray.



7

Then, a security officer will ask me to walk through a special detector that scans my body and keeps everyone safe. I can walk through alone but stay with my family.



8



I may have to get on an escalator or a fast moving train to get to my plane. My family will show me where to go and stand.

9

My family and I will wait for the plane to arrive. While I wait, I can watch big planes land, play with my family and my toys, have snacks, and use the bathroom.

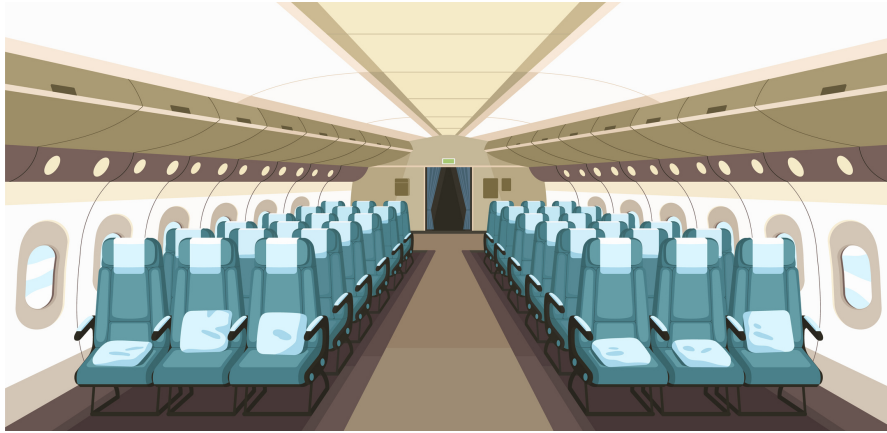
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When the plane arrives, we will line up and wait our turn to get on the plane. Once it's our turn, we will scan our tickets and walk down a hallway to get on the plane.

11





Nice people like the flight attendants and pilot will greet us at the plane. We will head to our seat, and put our bags in the bins above us and under the seat in front of us.

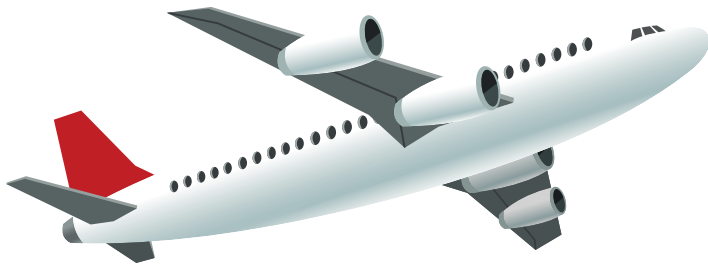
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Next, I will buckle my seatbelt and wait for the plane to take off. The flight attendants tell us information about how to stay safe on the plane. It is important that my family and I listen.

13

During take off, the plane will go fast and use its wings and engines to rise into the sky. This may sound loud in my ears but I can ask my family for headphones to make the noises quieter.



14

I can take deep breaths, ask for hugs, listen to music, eat a snack, and play with sensory toys to feel calm.



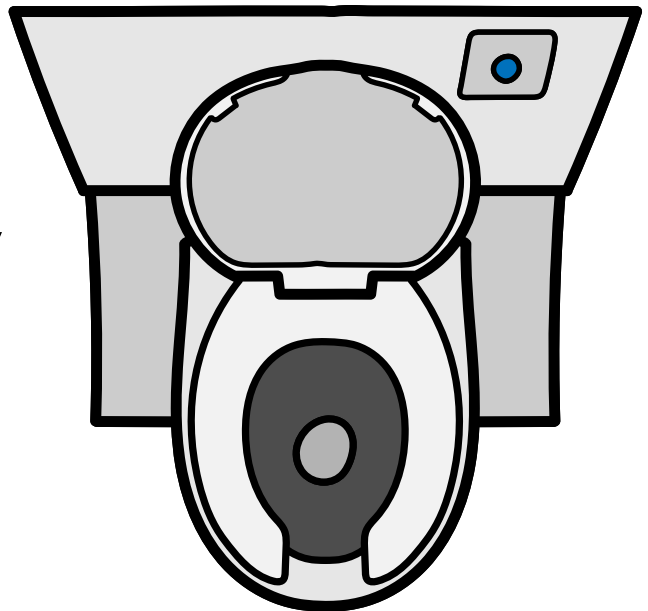
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While on the plane, I can read, color, play on my tablet, or even take a nap. I try my best to stay quiet and keep my arms and legs to myself on the plane because others may be napping too.

16

If I need to use the bathroom, I can ask my family to take me. It is a small bathroom, but I can use it if the pilot says I am allowed to take my seatbelt off.



17



When we get close to our destination, the pilot will tell us that we will be landing soon.

18

When the plane lands, I may feel the plane's wheels bump the ground and hear the brakes. I can be brave and remember that this means my pilot has done his job to land the plane.



19



I have to be patient until the people in front of my family get off the plane. Before we get off, my family will make sure we pick up all of our things.

20

After landing, I am in a new airport and have arrived at my destination! Before we go, we need to pick up our other bags.



21



Once we have all of our things, we can leave the airport in a van, bus, train, taxi, or car.

22



I can't wait to explore this new place!

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