



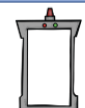



VISUAL SUPPORTS FOR AIR TRAVEL



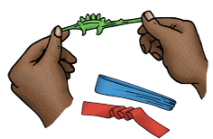



a resource for families

FIRST THEN





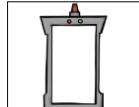







 go in airplane	 electronics
---	--

 airport	 ticket counter	 security	 wait
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CALMING STRATEGIES CHOICE BOARD FOR AIR TRAVEL

 5 belly breaths	 close eyes	 stretchy toy or band
 listen to music	 squeeze fidget toy	 self hug

PICTURES FOR SCHEDULE & FIRST-THEN BOARD

 airplane	 airport	 seat	 ticket counter
 security	 wait	 go in airplane	 baggage claim
 bathroom	 walk	 walk	 wait

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 SAD	 HAPPY	 SURPRISED
	<p>How are you FEELING today?</p>	
 SCARED	 MAD	 WORRIED

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FIRST – THEN BOARD

A first-then board provides children with information regarding what is going to be happening. Rather than a longer visual schedule, a first-then board keeps the expectation very simple.

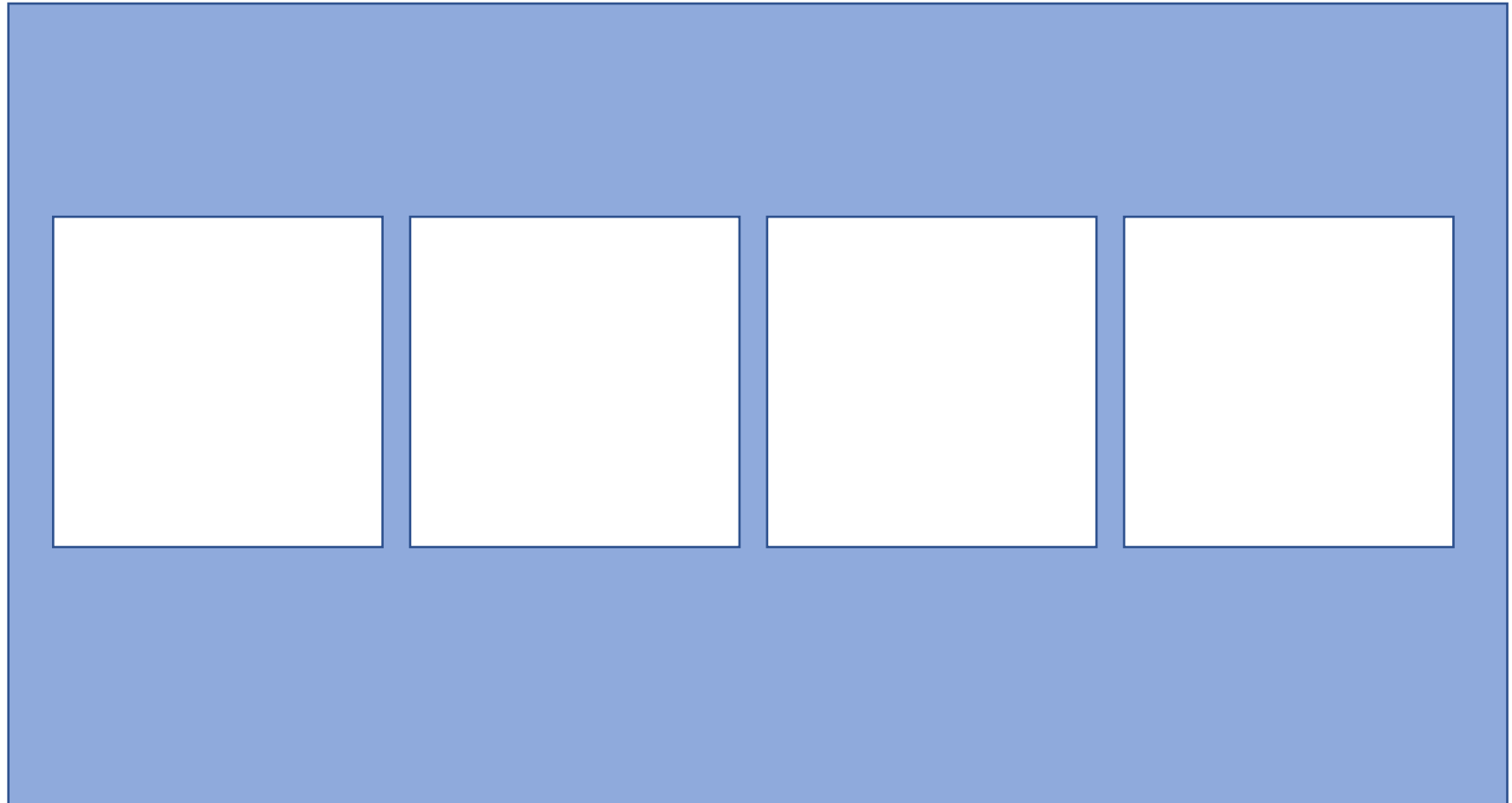
“First I do this, the I can do this”

FIRST	THEN

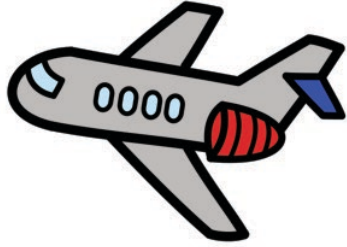
FIRST	THEN

VISUAL SCHEDULE

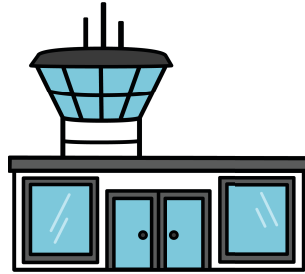
A visual schedule provides a sequence of activities in a child's day. Start simple, with just a few pictures. Then, as your child becomes more familiar and successful with using the visual schedule, you can add more pictures to the sequence. It is important to note that this is NOT a choice board where children get to choose what they want. Putting together a visual schedule for air travel can be very helpful.



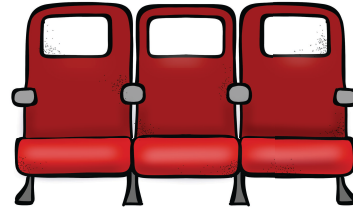
PICTURES FOR SCHEDULE & FIRST-THEN BOARD



airplane



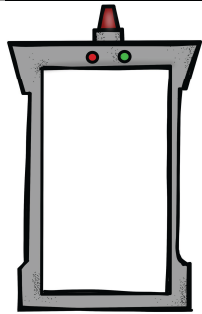
airport



seat



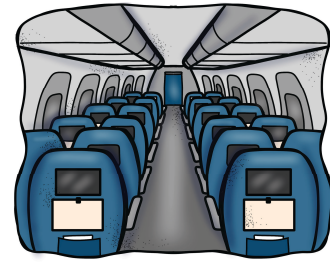
ticket counter



security



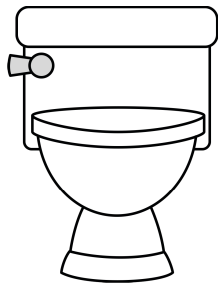
wait



go in airplane



baggage claim



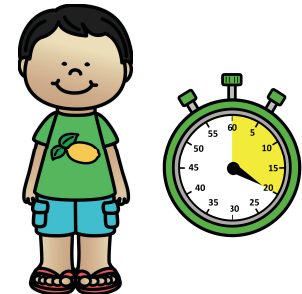
bathroom



walk

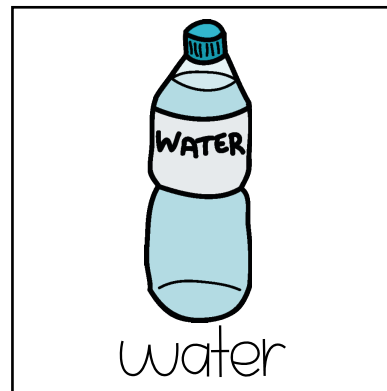
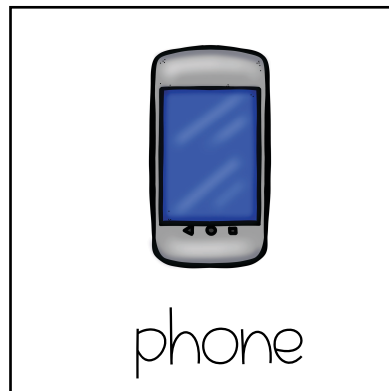
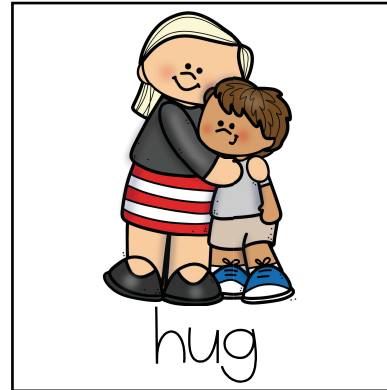
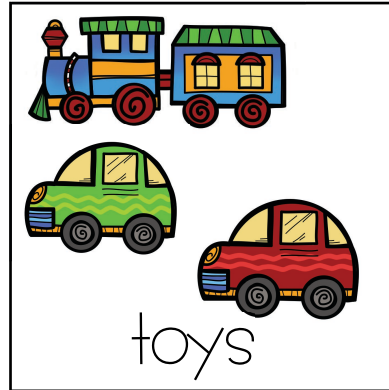
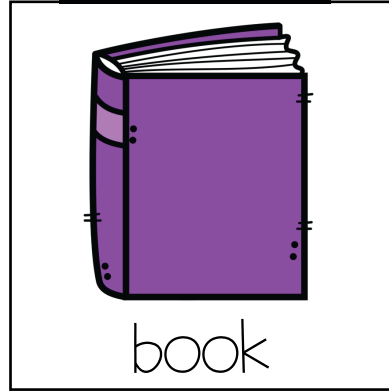


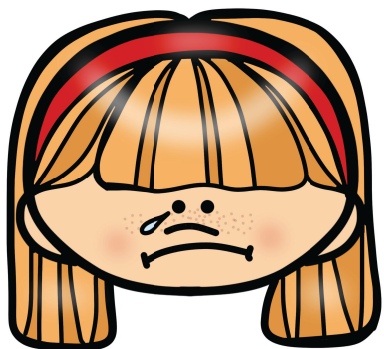
walk



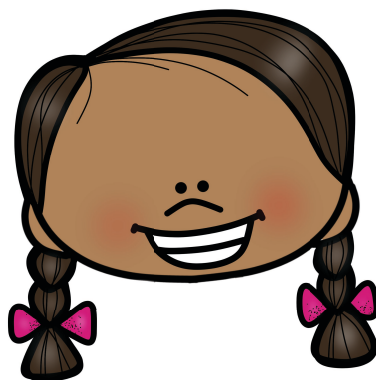
wait

PICTURES FOR SCHEDULE & FIRST-THEN BOARD





SAD



HAPPY



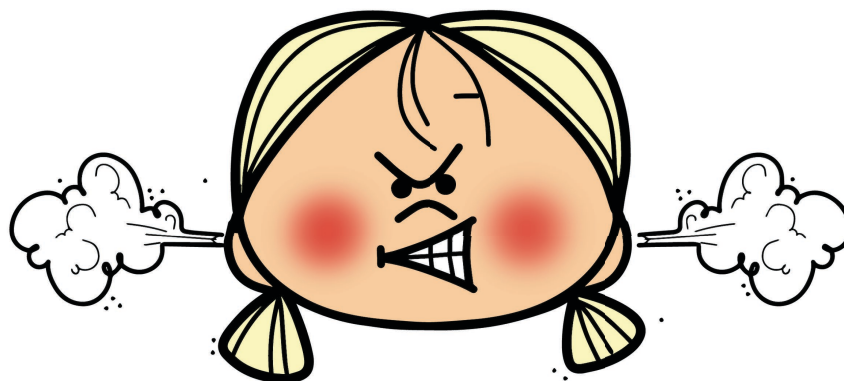
SURPRISED



How are you
FEELING today?



SCARED



MAD



WORRIED

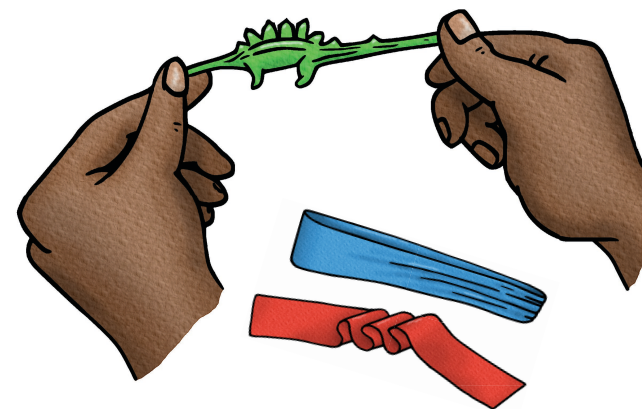
CALMING STRATEGIES CHOICE BOARD FOR AIR TRAVEL



5 belly breaths



close eyes



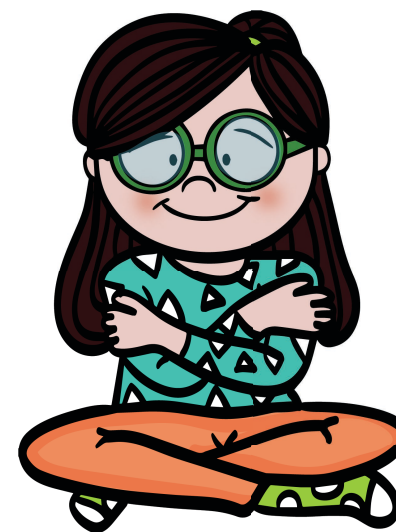
stretchy toy or band



listen to music



squeeze fidget toy



self hug

CLICK ON THE PICTURE FOR THE LINKS TO THE FREE STORIES

GOING ON AN AIRPLANE!



WEARING A MASK ON THE AIRPLANE



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Credits



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Thank You!

♥ tara TUCHEL

Speech/Language Pathologist