



# Going on a plane



When we get to the airport it will be noisy and busy. I can wear my headphones and hold my parents/carers hand. There will be lots of people.



We might have to queue for a while at the check in desk to get our boarding cards. If I feel anxious or bored I can play with a sensory toy.



At security they will check my bag and they might want to X-ray my body. If I am worried I can talk to an adult and they will help me.





While we wait to get on the plane there might be a sensory space at the airport that I can use. My parents can ask the staff where that is.



We may have to wait to board the plane. During this time I can play with my sensory toy or do a calming activity that I enjoy.



On the aeroplane we will have to wait until we land. If it's too noisy I can wear my headphones. If I feel bored I can do a calming activity, watch tv and talk to my adult. I can walk up and down the cabin and listen to music. I can look out the window.



When we are about to land I need to put away my belongings and put on my seatbelt. I need to wait for the plane to land but I can play with my fidget toy, read a book or suck on some sweets.





When the plane has landed on the ground we will have to wait but we might be allowed to leave the plane first.



When we leave the plane it might feel very hot or very cold depending on where we landed. I can prepare for the weather change by choosing the correct clothing with the help of my adult.



I will enjoy my holiday ! I can relax , swim , and do fun activities with my adult.