

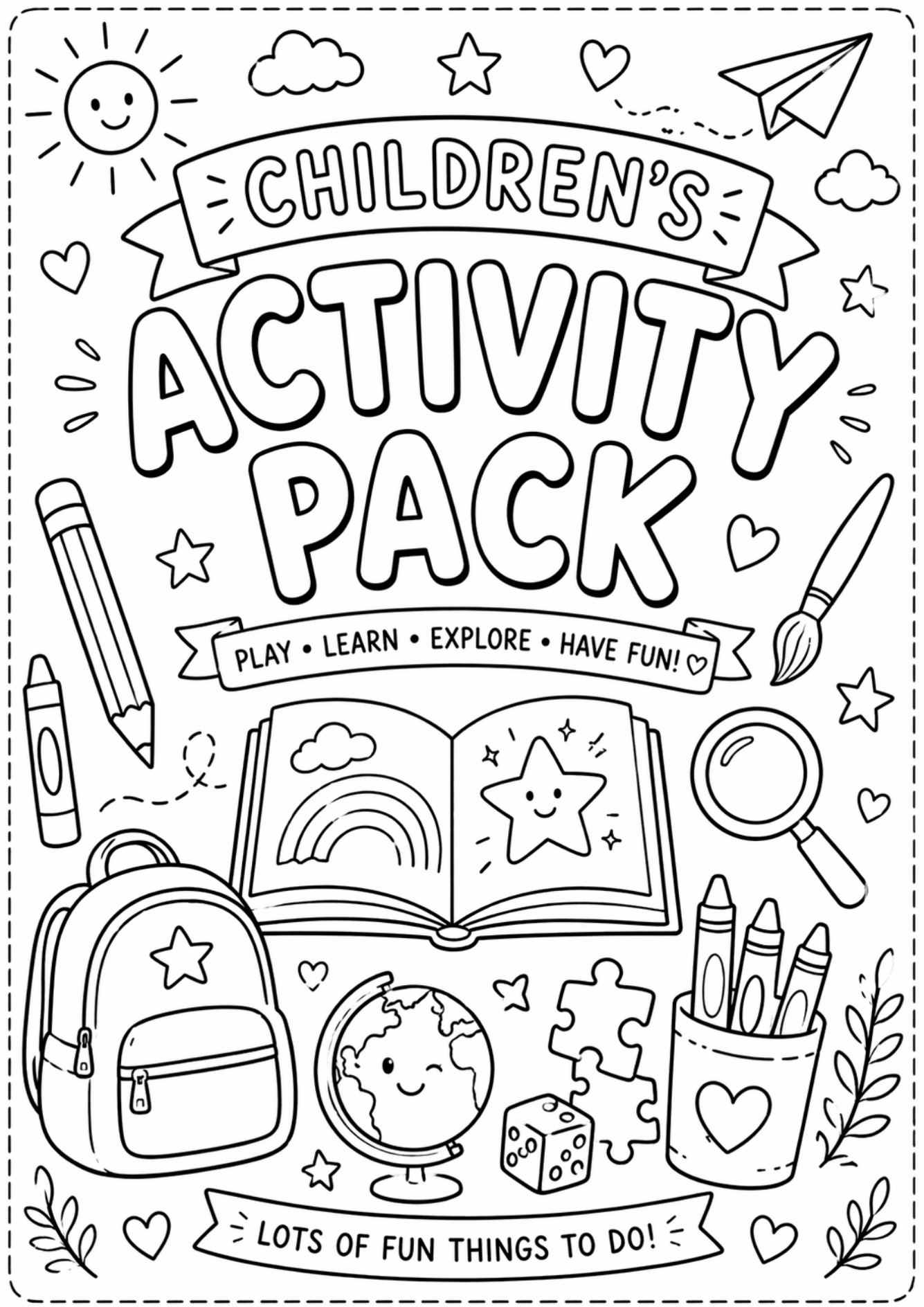
CHILDREN'S

ACTIVITY PACK

PLAY • LEARN • EXPLORE • HAVE FUN!



LOTS OF FUN THINGS TO DO!





If you see me - look at some pictures or maps on the internet.

BEFORE YOU GO

Where am I going?

Country: _____



Where will I be staying? _____



How am I getting there?

Tick all that apply



How long will it take? _____

How long are you going for? _____

Planning Activity



Use the space below to plan out how you are going to get to get to your holiday (see example at the back of the pack).

Packing Activity

Tick all the things you will need to take with you. Cross out each thing as you put it in your bag.

- Passport
- Money
- Sunglasses
- Sunscreen
- Hat
- Water bottle
- Snacks
- Headphones
- Tablet/ book
- Colouring pencils
- Activity pack/games
- Blanket
- Comfort item (toy/teddy)
- Spare clothes



Add your own:

- _____
- _____
- _____
- _____

TRAVELLING

What things will you do while you travel? Play games? Read? Watch a film? List some ideas here.

<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"/>	_____



MY TRAVEL CHOICE BOARD



Ideas for things I can do while we're travelling

1 COLOUR & DRAW



Get creative! Colour, draw or doodle in your book.

2 LISTEN



Listen to music, an audiobook or a podcast.

3 QUIET TOYS & FIDGETS



Use a fidget or small toy to keep your hands busy.

4 LOOK OUTSIDE



Look out of the window. What can you see? Play spotting games!

5 READ



Read a book, a magazine or a comic.

6 USE A SCREEN (WHEN YOU NEED TO)



Watch a show, play a game or use an app. It's okay to use screens!

7 WRITE



Write a story, make a list or fill in a activity sheet.

8 REST & RELAX



Close your eyes, have a rest, or have some quiet time.

9 CHAT & CONNECT



Talk to your grown up, ask questions or share stories.



YOU CHOOSE WHAT WORKS BEST FOR YOU!
Some ideas will be more helpful than others – and that's okay.
You know your brain and body best.



THE DAY YOU ARRIVE

Holiday Planning Activity



Now that you are here, you need to know what you will be doing each day.

Your grown-ups may have already gone through this with you so this is a chance to see how much you remember. There is some extra space if you need it.

Day 1:	Day 2:
Day 3:	Day 4:
Day 5:	Day 6:
Day 7:	Day 8:

Daily Planner Activity

Print as many of these as you need for your holiday and go through them with your grown-ups.

Day: _____

What are we doing: _____

How are we getting there? _____

What time are we leaving? _____

What time will we be back? _____

Do you have any other other questions about today?



Look at some pictures of where your going. Use the space below to do your own drawing of where you're going.

WHILE YOU ARE AWAY

Daily Reflection Journal Activity

Print one for each day of your journey.

These can be done while you are on holiday or on your way home.

Day: _____

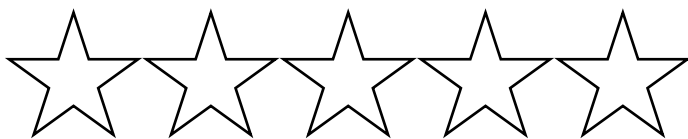
What did you do?: _____

What was your favourite thing about today?: _____

Name one thing that would have made your day better.: _____

State one thing you learned today: _____

Give your day a star rating out of 5:



Use this space to draw or write something about your day.

ON YOUR WAY HOME

Full Holiday Reflection

My favourite thing on holiday was _____
_____.

If I came back I would like to _____
_____.

Use this space to draw your favourite memory from this holiday.

Getting Home

What are you most looking forward to when you get home?

What is the first thing you would like to do when you get home?
