

# Travel Planning & Reflection Worksheet

*A Relationship-Based Guide for Meaningful Family Travel*

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## PART 1: BEFORE THE TRIP — BUILDING PREDICTABILITY & ENGAGEMENT

### 1. Where Are We Going?

Starting Point: \_\_\_\_\_

Destination: \_\_\_\_\_

**Look at the map together**

- ☐ We found where we live
- ☐ We found where we are going

**What do I notice about this place?**

(Parent can model if child doesn't answer)

"I notice \_\_\_\_\_"

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### 2. How Are We Getting There?

- ☐ Car
- ☐ Plane
- ☐ Train
- ☐ Other: \_\_\_\_\_

**Airports / Stops we will visit:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**One thing that might feel new or tricky:**

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**One thing that might feel exciting:**

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### **3. What Is the Plan? (Flexible Plan)**

*(Check off as things happen)*

- ☐ Leave home
- ☐ Get to airport
- ☐ Security
- ☐ Food
- ☐ First flight / ride
- ☐ Layover / stop
- ☐ Second flight / ride
- ☐ Hotel
- ☐ Rest

**Spotlighting Prompt (Parent):**

“You followed along really well with this plan.”

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### **4. Packing Together**

- ☐ Clothes for the weather
- ☐ Comfortable shoes
- ☐ Jacket / hoodie
- ☐ Toiletries
- ☐ Chargers
- ☐ Entertainment
- ☐ Comfort item

**One thing I chose to pack:**

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**Spotlighting Prompt:**

“You made a thoughtful choice packing that.”

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## PART 2: DURING THE TRIP — BUILDING EPISODIC MEMORIES

### 5. Slowing Down & Noticing

*(No pressure to fill everything)*

📌 Today we went to: \_\_\_\_\_

One thing I noticed:

\_\_\_\_\_

How my body felt:

☐ Calm ☐ Tired ☐ Excited ☐ Unsure ☐ Other: \_\_\_\_\_

Experience-Sharing Language (Parent):

“This feels like one of those moments we’ll remember.”

\_\_\_\_\_

### 6. Flexibility Moment

Something didn’t go as planned:

- ☐ Delay
- ☐ Change in plans
- ☐ Long wait
- ☐ Sensory overload
- ☐ Other: \_\_\_\_\_

What helped us get through it:

\_\_\_\_\_

Spotlighting Prompt:

“You stayed flexible even though that was hard.”

\_\_\_\_\_

## 7. Moments of Competence (The Real Wins)

- ☐ I waited patiently
- ☐ I tried something new
- ☐ I adjusted to a change
- ☐ I asked for help
- ☐ I took a break when needed

One moment I felt proud of:

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## PART 3: AFTER THE TRIP — REFLECTION & CONSOLIDATION

### 8. Looking Back (With Photos or Videos)

 Looking at this picture, I remember:

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Declarative Language Model:

“I wonder what stands out to you here.”

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### 9. Favorite Moments

- ☐ A place we visited
- ☐ A funny moment
- ☐ A quiet moment
- ☐ A challenge we handled
- ☐ A meal we enjoyed

One memory I want to keep:

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## 10. What I Learned About Myself

- ☐ I can handle changes
- ☐ I can travel
- ☐ I can ask for breaks
- ☐ I can be flexible
- ☐ I can try again

### Spotlighting Statement (Parent):

“You handled so many new experiences.”

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## FINAL REFLECTION — FOR PARENTS

One moment my child showed resilience:

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One moment of connection we shared:

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What I want to remember for next time:

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### RDI Reminder

This worksheet is **not about performance or completion**.  
It's about:

- Shared attention
- Emotional connection
- Highlighting competence
- Turning experiences into resources