

Travel Planning & Reflection Worksheet

A Relationship-Based Guide for Meaningful Family Travel

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 _____ "

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:

One thing that might feel exciting:

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.”

4. Packing Together

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

One thing I chose to pack:

Spotlighting Prompt:

“You made a thoughtful choice packing that.”

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:

PART 3: AFTER THE TRIP — REFLECTION & CONSOLIDATION

8. Looking Back (With Photos or Videos)

 Looking at this picture, I remember:

Declarative Language Model:

“I wonder what stands out to you here.”

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:

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.”

FINAL REFLECTION — FOR PARENTS

One moment my child showed resilience:

One moment of connection we shared:

What I want to remember for next time:

RDI Reminder

This worksheet is **not about performance or completion.**

It's about:

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