



TRAVEL PLAY

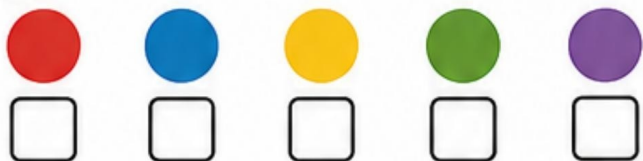
YOU'RE
DOING
GREAT!



Look • Spot • Trace • Breathe



1. SPOT THE CARS



2. CIRCLE THE TRAVEL ITEMS



3. TRACE THE SHAPES



CALM CORNER



BREATHE IN...
BREATHE OUT...

COLOR A STAR
WHEN YOU NEED
A CALM MOMENT.



For Parents

This pack is designed for children who may find long instructions, heavy reading, or crowded pages hard to follow during travel.

Offer one page at a time. Read the prompt aloud. Let your child circle, tick, colour, doodle, or skip.

Helpful tools

- Clipboard
- Crayons
- Pencil
- Stickers
- Small snack
- Headphones

Visual symbols

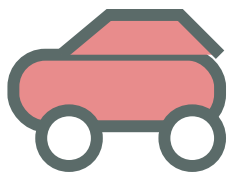
- ☐ LOOK
- ✓ TICK
- ☐ CIRCLE
-  DRAW
- ☐ COLOUR
- ☐ PAUSE

Gentle reminders

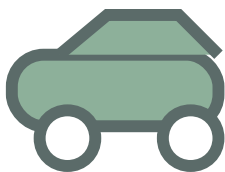
- One page is enough.
- There is no wrong way to do these sheets.
- A few marks on the page still count.
- Repeat favourite pages.

Name _____ Date _____

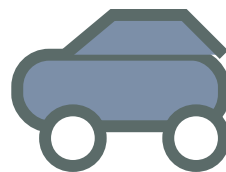
Colour Cars



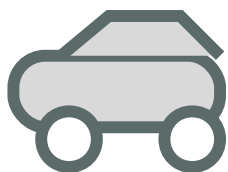
red



green



blue



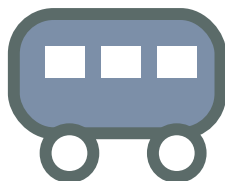
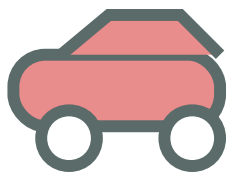
white



black

Name _____

Travel Vehicles



Name _____

Window Shapes

Circle

Square

Triangle

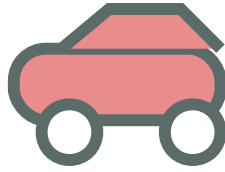
Rectangle

Name _____

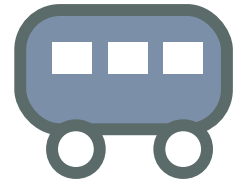
Fast or Slow



☐ Fast ☐ Slow



☐ Fast ☐ Slow



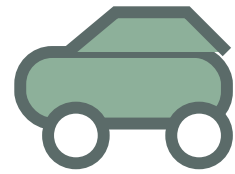
☐ Fast ☐ Slow



☐ Fast ☐ Slow



☐ Fast ☐ Slow



☐ Fast ☐ Slow

Name _____

Window Hunt

- ☐ tree
- ☐ bridge
- ☐ dog
- ☐ sign
- ☐ cloud
- ☐ yellow thing

Name _____

My Travel Mood



happy



calm



tired



busy



excited



wiggly

Name _____

Wiggle Reset

- ☐ squeeze hands
- ☐ stretch fingers
- ☐ push feet down
- ☐ roll shoulders
- ☐ 5 slow breaths



Name _____

Trace the Road



Name _____

Draw a Car



Add wheels • lights • snack button

Draw a Plane



Add wings • clouds • windows

Draw a Train

11

Sign Letters

A

B

C

M

O

S

T

★

Name _____

12

Number Hunt

1○

2○

3○

5○

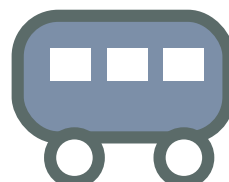
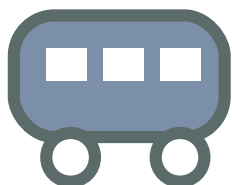
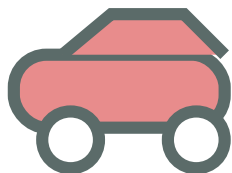
8○

10○

Name _____

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Travel Bingo



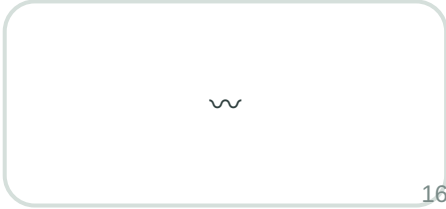
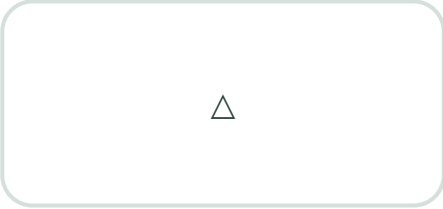
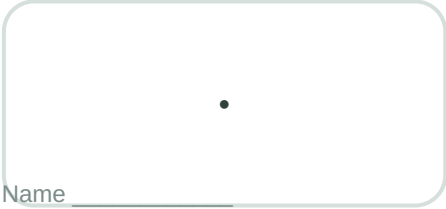
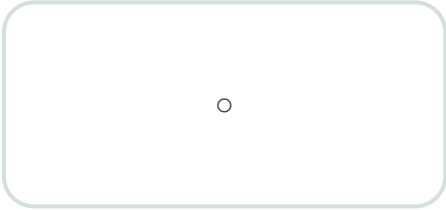
Name _____

Sound Hunt

- ☐ engine
- ☐ talking
- ☐ music
- ☐ wind
- ☐ wheels
- ☐ horn

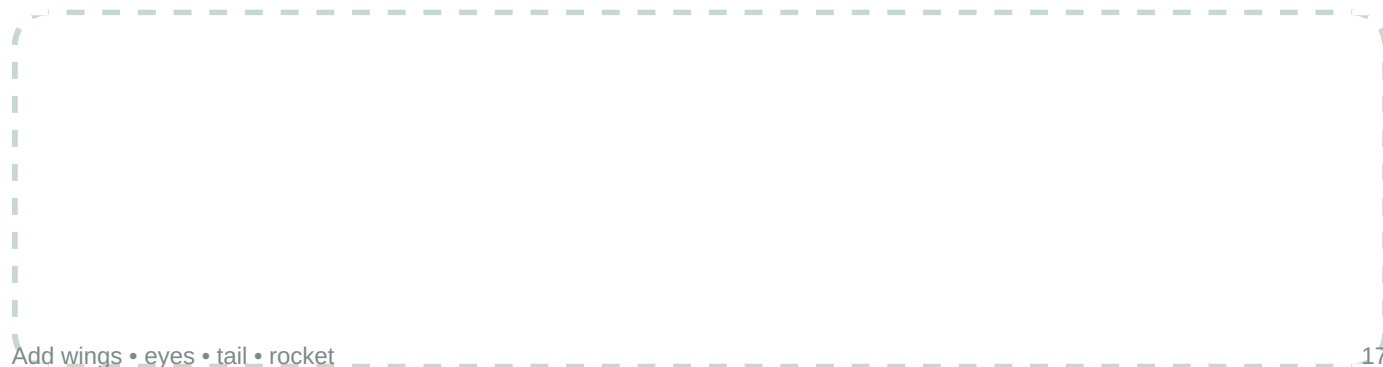
quiet _____ loud

Finish the Doodle



Name _____

Make a Monster Vehicle



Add wings • eyes • tail • rocket

Snack Faces

yum ☐ crunchy ☐ messy ☐

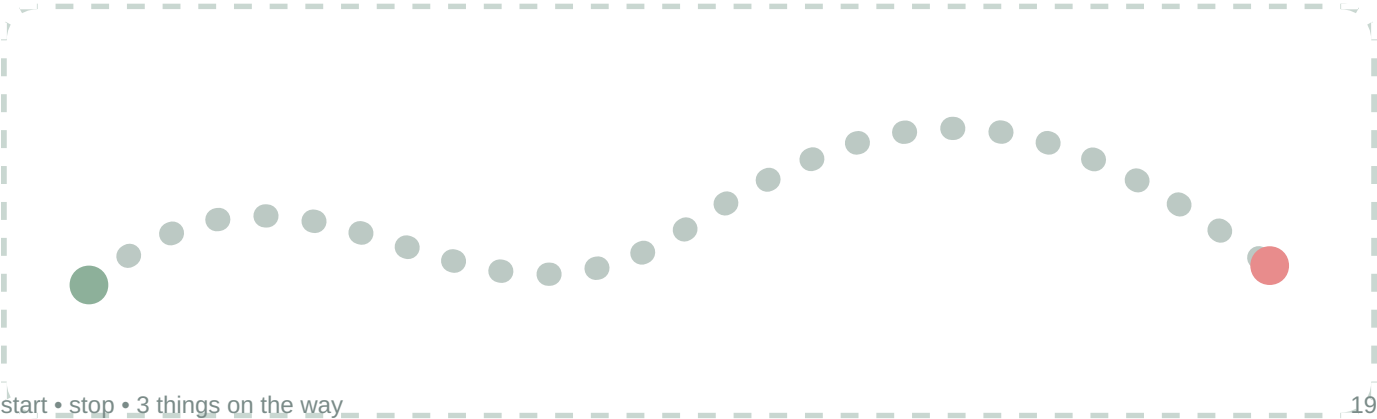
Name

yum ☐ crunchy ☐ messy ☐

yum ☐ crunchy ☐ messy ☐

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My Travel Map



I Spy Colours

red



blue



green



yellow



brown



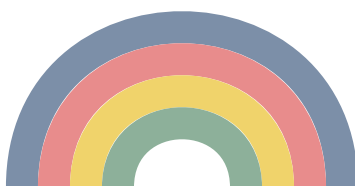
silver



Name _____

20

Calm Tracing



Name _____

Would You Rather

- ☐ car or train
- ☐ crunchy snack or chewy snack
- ☐ fast trip or slow trip
- ☐ window or aisle
- ☐ cloud or tunnel

Name _____

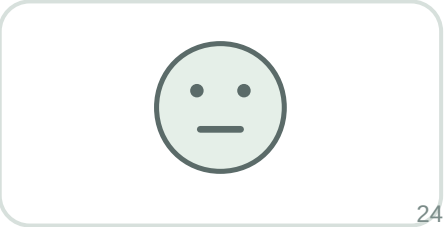
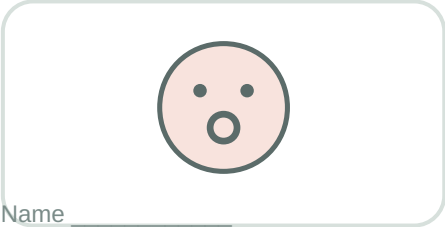
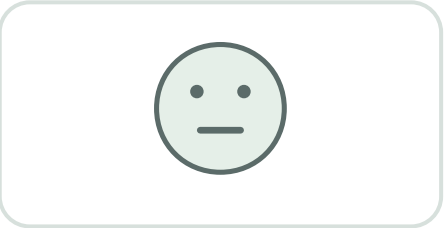
Tiny Treasure Hunt

- ☐ something shiny
- ☐ something tiny
- ☐ something round
- ☐ something soft
- ☐ something striped

Name _____

23

Passenger Faces



Name _____

Ticket Checker

- ☐ one seat
- ☐ one bag
- ☐ one window
- ☐ one ticket
- ☐ one passenger

Name _____

25

Feelings Weather



Name _____

Quiet Challenge

- ☐ watch one cloud
- ☐ breathe 5 times
- ☐ trace one spiral
- ☐ colour one star
- ☐ sit still for 10 seconds

Name _____

Story Pictures

beginning • middle • end28

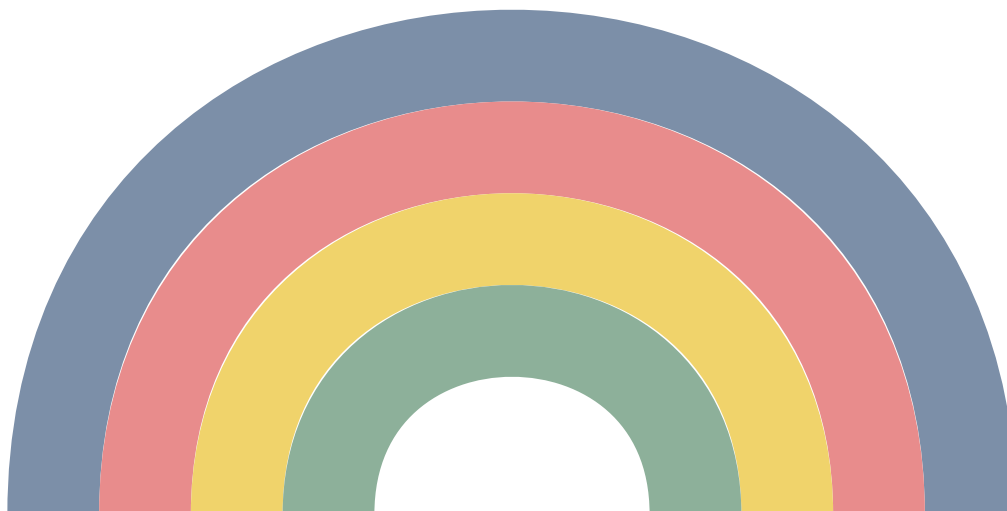
Best Part of the Trip

- ☐ snack
- ☐ game
- ☐ funny thing
- ☐ view
- ☐ rest
- ☐ arriving



Name _____

Journey Finish Page



Travel Star

I did it

**You noticed.
You drew.
You paused.
You travelled.**



Well done