YOUR THERAPY NOOK

AN ACTIVITY BOOK FOR FAMILIES

Hannah's Airport Activity Book

Games to play with your kids while you wait



Illustration byNadia • bynadia.co

Waiting is hard for kids. It's hard for adults too, and an airport is mostly waiting.

A family vacation can be about making memories, and the traveling counts as vacation too. These are games I made for the waiting: something to play together, out loud, in a crowded terminal.

They also work on the part of the journey you didn't plan for: the delay, the switched flight, the canceled flight, the gate change, or the layover that grew in time.

Airport Find It

Four cards, 24 things each to spot in any airport. Fill the whole card, not just a line.

Destination Alphabet

A letter gets called, everyone races to name a place that starts with it.

Airport Tally Marks

Everyone picks a thing to count. Whoever has the most by the end wins.

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yourtherapynook.com/blog/airport-activity-book

How to Play

Three games for the waiting

Activity 1: Airport Find It Cards

Four cards, A through D, each with 24 things to notice in an airport. The goal is the whole card, not a line, because the whole card takes longer and long is the point. The middle square is Ready for Take-Off. Cross it off once you're in the air.

Every airport gives you different things to find, so the cards play differently each trip. Print several copies for a multi-leg trip, or laminate them and use dry erase markers to reuse them.

Activity 2: Destination Alphabet

One person is the caller. They read a letter, and everyone races to name a destination starting with it. Any place on a map counts: a town, a state, a province, a country, a region, a continent. First to name one wins the letter. The caller keeps score.

The letters are scrambled on purpose so nobody can look ahead and line up answers.

Play it in teams if your kids are at different ages, or if head-to-head would end in a fight. You are in this for the airport long game, after all.

You can swap the category too: things you'll see at your destination, brands of travel gear, foods you want to try when you land.

Activity 3: Airport Tally Marks

Good for younger kids and for long layovers, because it runs in the background all day. Each person picks something that might happen in an airport and tallies every time they see it. Everyone picks something different, so it becomes a race.

Help each other. If you spot someone else's thing, tell them so they get the mark. Most tallies by the time you land wins.



Illustration byNadia
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Find It: Card A

Cross one off every time you spot it

Fill the whole card, not just a line. Cross off **Ready for Take-Off** once you're in the air.

A suitcase with wheels	A plane taking off or landing	Someone eating snacks	A person reading a book	A kiosk coffee shop
A gate number between 25 and 35	A map of the airport	A restroom sign	A sign with multiple languages	A child riding on a suitcase
A person wearing a suit	Someone coloring or drawing	 **Ready for Take-Off!**	A person wearing noise cancelling headphones	A person running with their coffee
A person sleeping with their mouth open	Someone wearing flip flops	Someone wearing high heels	Someone taking a selfie	A stuffy peeking out of a bag
A "Now Boarding" screen	Someone sharing snacks	A flight number ending in 7	A person drinking from a reusable water bottle	A sign that says Terminal

Find It: Card B

Cross one off every time you spot it

Fill the whole card, not just a line. Cross off **Ready for Take-Off** once you're in the air.

A family playing a game together	A baggage claim sign	A boarding announcement	A family with matching shirts	Someone pulling multiple bags
Someone wearing sunglasses indoors	A pilot or flight attendant	A gate number higher than 50	Someone running to their gate	A baby crying
A child asleep in a stroller	A stuffy	**Ready for Take-Off!**	An emotional goodbye	A kid watching their tablet
A person sleeping in a chair	A person with an airport coffee	A person in their military uniform	Someone watching planes through the window	Someone wearing a neck pillow
A couple holding hands	A parent chasing a toddler	Someone talking on their phone	A person laughing loudly	A departures or arrivals sign

Find It: Card C

Cross one off every time you spot it

Fill the whole card, not just a line. Cross off **Ready for Take-Off** once you're in the air.

Someone traveling with a pet	Someone talking in a language you don't recognize	Luggage falling over	Someone using hand sanitizer	Someone looking at a flight board
A line of 5 or more people for food or drinks	A pilot or flight attendant	A store that sells your favorite snack	A restaurant that sells hamburgers	An airport welcome sign
A working dog	Someone asking "what gate are we?"	 **Ready for Take-Off!**	A group photo	Someone carrying food onto a plane
A child holding a stuffy	Someone video-calling	Someone holding multiple coffee cups	A crying baby	A flight attendant with rolling luggage
Someone eating snacks while walking	Children playing together	A gate announcement	A sign in multiple languages	A restroom sign

Find It: Card D

Cross one off every time you spot it

Fill the whole card, not just a line. Cross off **Ready for Take-Off** once you're in the air.

A moving walkway	A suitcase covered in stickers	Someone in a bright safety vest	A gate number that matches your age	A vending machine
A fuel truck parked by a plane	Someone wearing pajamas	A water bottle filling station	A big hello hug	An escalator
Someone walking in socks	A cart driving through the terminal	 **Ready for Take-Off!**	Someone charging their phone	A plane with a picture on its tail
A baby or toddler in a carrier	Someone wearing a sports jersey	A truck pushing a plane backward	Someone stretching	A suitcase in a fun color or pattern
Someone wearing their backpack on the front	A souvenir shop	Someone cleaning the floor	Someone wearing a funny or fancy hat	A clock on the wall

Destination Alphabet

Name a place that starts with the letter

One person calls a letter. Everyone else races to name a destination that starts with it: a town, a state, a country, a region, a continent. First one to say it wins the letter.

ROUND 1	QWZJFTYRKAOBHNLMSDUVIXGCEP
ROUND 2	KZDBYEXGJHFQWPSINMOALURTCV
ROUND 3	RTQWLYOZXEIPSBGJMHCVUDKAFN
ROUND 4	MDHQTUCWOBZRJEAFKXYVGLNIPS
ROUND 5	PAKSHXCNWYBLGJOTZVEMQDIRFU
ROUND 6	UJCKWSTDFOHVXLNIBZGREAMPQY
ROUND 7	GNHXDJRVTCZLPOAMSBQKFEUIWY
ROUND 8	FBQYOPETMLDRXZKHWASUCNIVJG
ROUND 9	ZTRNCQBAIYJKFEUMODPSVLHXGW
ROUND 10	XWJRHUSLNTZVYEDCKQIBFGOMPA

Scorecard

NAME	LETTERS WON

Airport Tally Marks

Pick your thing, then count it all trip

Everyone picks something different and tallies each time they spot it. Tell each other when you see someone else's thing. Most marks by the time you land wins.

Ideas to get you started

- People in hats
- People running to their gate
- Families with more than two children
- Families traveling with grandparents
- Flight delay announcements
- A family in matching shirts

If you know where you're going

- People with musical instruments in Nashville
- People with cruising gear at a port city
- People carrying a box of donuts in Portland
- People in Disney gear in Orlando or Anaheim
- College students around school holidays

Use your own ideas too. Whatever you pick, you're committing to it for the whole trip, so choose carefully. Help younger kids pick something likely to actually happen.

WHO	WHAT I'M COUNTING	TALLY MARKS



Meet Hannah Ly

LMFT • Founder of Your Therapy Nook

I'm Hannah Ly, a Licensed Marriage and Family Therapist in the Bay Area. I work with children and their families in my private practice, Your Therapy Nook. Most of what I do with parents comes back to the same thing: coming home to joy, and finding the quality time that is already sitting there in the day.

COME HOME TO JOY

YOUR THERAPY NOOK

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