My Airplane Trip

A social story to read together before flying

Add a cover picture (an airplane)

1

Add a picture of an airplane

Sometimes my family travels on an airplane.
This story is about going to the airport and flying.

2

Add a picture of the airport

First we go to the airport.

The airport is a big, busy place with many people.

3

Add a picture of a security checkpoint

At the airport, we go through security.
We put our bags on a belt, and we walk through a special doorway.

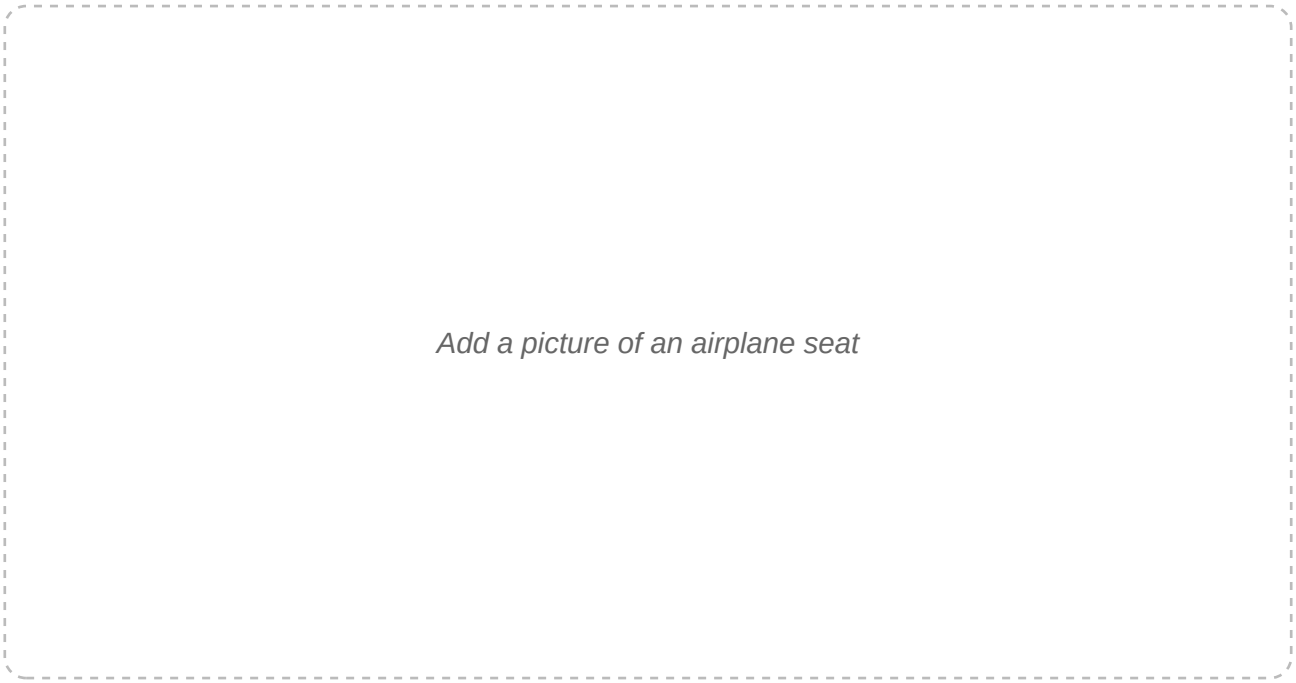
4

Then we wait at the gate until it is time to get on the plane.

Waiting can take a while.

I can play or listen to music while we wait.

5



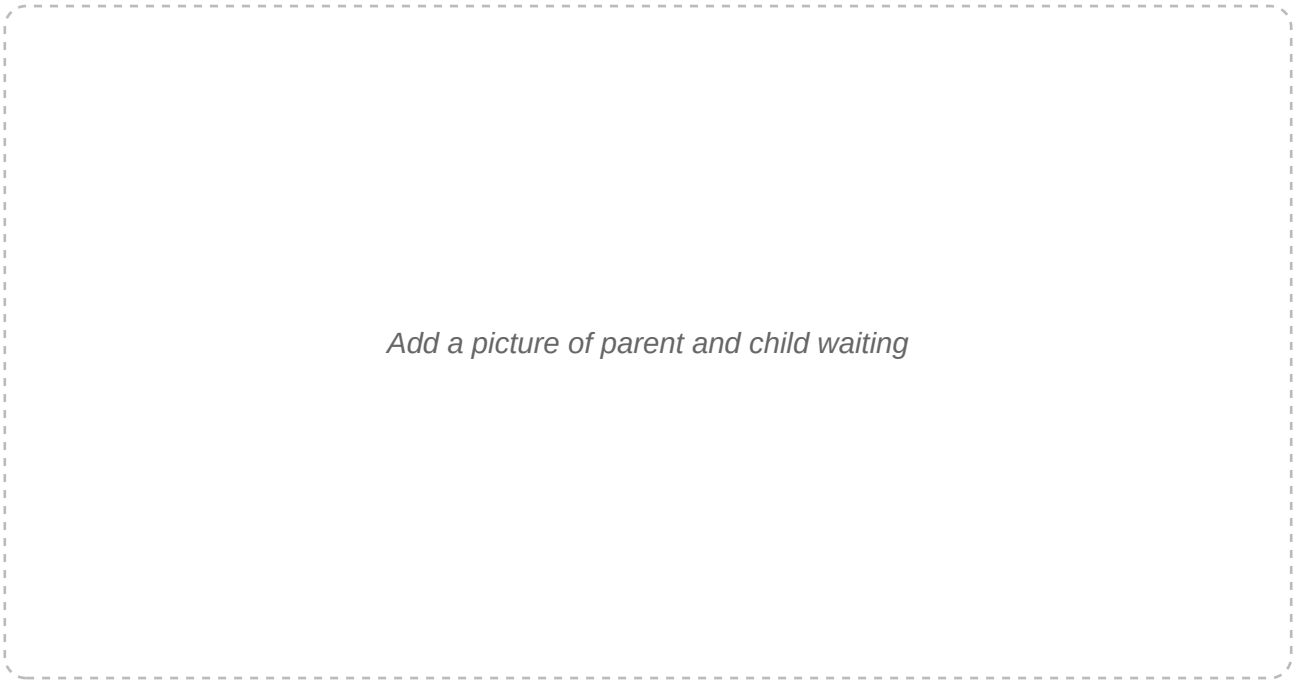
On the plane, I sit in my seat and wear my seat belt. The plane can be loud, especially when it goes up into the sky.

6

Add a picture of headphones

My headphones can make the loud sounds quieter. Chewing gum or drinking can help my ears feel better.

7



Sometimes plans change. A plane might be late.
If that happens, we wait a little longer. My family has a plan.
When I feel upset, I can tell my grown-up.

8

Add a picture of arriving somewhere new

When the plane lands, we are in a new place.

I am learning to travel on an airplane.

My family is proud of me.

9

Add a picture of the family together

Flying takes my family somewhere new.
My family will help me feel okay along the way.

A Note for Grown-Ups

- Read this with your child in the days before a flight, and again on travel day.
- It follows Carol Gray's Social Stories™ approach: it describes the airport and flight honestly and gently, answers who/what/when/where/why, and centers what helps rather than telling your child how to feel.
- Add your own photos in the boxes. If your airport offers an autism rehearsal program (such as Wings for Autism), real photos from a practice visit work beautifully here.
- Personalize the words: add your child's name, your airline, and the comfort items your child loves.
- Page 7 gently introduces the idea that plans can change, so a delay feels less surprising. Keep or simplify it to fit your child.

This resource is for informational purposes only and does not replace professional advice or supervision.