My First Flight

An Ava Travels Kids family adventure pack



Read. Plan. Play. Take your time.

Inside: Ava's first storybook, a picture plan,
an adventure passport, and a coloring page.
Print just the pages your family wants to bring.
Read together before your trip. Pause whenever you need.
Airport steps may vary. Follow staff directions.

AVA TRAVELS



AVA'S FIRST AIRPORT ADVENTURE

A Gentle Story About Flying, Feelings, and Knowing What to Expect

Ava Travels Kids | avatravelskids.com



First, a plan

Tomorrow, Ava and Mom would fly to Grandma's house. Ava was happy. She was also nervous. She had never been to an airport. Mom put four pictures on the table: a bag, an airport, a plane, and Grandma. "This is our plan," said Mom. Ava held her toy plane, Wings. "What if I need a break?" she asked. "Tell me, and we can stop," said Mom.

"I can stop. I can ask. I can take my time."



A big new place

The airport doors went whoosh! Bags rolled across the floor. Lots of people walked by. Ava held Mom's hand and hugged Wings. "There are so many people," she said. Mom nodded. "Let's stand here for a minute." They looked at their picture plan. First, they would give their big bag to the worker at the desk. Ava knew what to do next.



The check-in desk

At the desk, a worker put their big bag on a scale. She gave Mom two tickets for the plane. Then the bag rolled away. “Where is it going?” Ava asked. “It is going to our plane,” said Mom. “We will get it when we land.” Ava watched until the bag was gone. Then she tapped the first picture on her plan. “We did this part!” she said.



Going through security

Next, they went to security. A worker showed them where to put their bags. “Will Wings go in the big machine?” Ava asked. “He can ride in your backpack for a minute,” said Mom. Ava put Wings inside and zipped the bag. Ava and Mom listened to the worker. They stayed together. “What do we do now?” Ava asked. The worker told them. Ava liked knowing the next step.



A little pause

On the other side, Ava opened her backpack. “There you are, Wings!” she said. She gave him a hug. Mom saw that Ava was quiet. “Do you want a break?” she asked. Ava nodded. They stood in a calm spot. Ava took a slow breath in. Then she let it out. She did it again. “I’m ready to walk,” Ava said when she was ready.

“I can stop. I can ask. I can take my time.”



Too much noise

A voice spoke from the ceiling. Bags rattled by. People talked all around them. Ava covered her ears. “It is too loud,” she told Mom. Mom knelt beside her. “Would you like your headphones?” Ava nodded. She put them on. The noise was quieter now. Ava took Mom’s hand. They walked toward the place where they would wait for their plane.



Waiting for the plane

Ava and Mom sat by a big window. Mom showed her three pictures: wait, get on the plane, sit down. “I do not like to wait,” said Ava. “What can we do while we wait?” asked Mom. Ava pointed outside. “Let’s count planes!” She and Wings found one, two, three, four, five planes. Then Ava checked the pictures again. The next step was getting on the plane.



A new gate

A worker said their plane would leave from a new gate. A gate is a place where people wait to get on a plane. Ava frowned. “But our plan says this gate.” “You are right,” said Mom. “The gate changed.” Ava held Wings tight. Mom drew an arrow to the new gate on their plan. “We can walk there together.” Ava took Mom’s hand. “Okay. Show me where.”



Time to get on

At the new gate, a worker called their group. “It is our turn,” said Mom. They walked down a hallway to the plane. A flight attendant smiled at Ava. “Hello!” she said. “Hello,” Ava said, and gave Wings a little wave. Mom showed their tickets to the worker. Then they looked for their seats. Ava found the number on their row.



A seat by the window

Ava sat by the window. Mom sat next to her. Mom helped Ava click her seat belt across her lap. “Can I hold Wings?” Ava asked. “Yes,” said Mom. Ava looked up at a little light. She looked out at the plane’s wing. Then she looked at Mom. “We did a lot today,” Ava said. “We sure did,” said Mom.



Up in the air

The plane moved. The engines got loud. Then the plane went up, up, up! Ava felt a push on her back. “My tummy feels funny,” she said. Mom held out her hand, and Ava took it. “The plane is going up,” said Mom. “Soon it will fly straight.” Ava watched the small buildings below. She held Mom’s hand until the new feeling passed.



We made it

The plane landed. Ava and Mom found their big bag. Ava saw its blue handle. “There it is!” she called. Grandma was waiting to hug them. “How was your trip?” Grandma asked. Ava thought for a moment. “The airport was loud. I took a break. Mom helped me. Then we flew!” Grandma smiled. Ava hugged Wings. She was glad she had asked for what she needed.

Color with Ava and Wings!

Need a break? Color this page while you wait.



Before your own airport day

Make a picture plan

Show your child what will happen. You can change a picture if the plan changes.

Practice helpful words

Try: “I need a break,” “It is too loud,” or “What happens next?” Pointing or using a device works too.

Pack things that help

Headphones, a favorite toy, snacks, and a picture plan may help. Check airport and airline rules for what you can bring.

Ask for help

Airport and airline workers can explain a step. Security steps can change, so ask a worker what your child should do.

Every child is different. Choose the ideas that help your child.

My Airport Picture Plan

Cut out the cards. Put them in order for your trip. Move a card if plans change.



1. Pack



2. Airport



3. Security



4. Gate



5. Plane



6. Arrive

My Adventure Passport

Choose an adventure. Add a sticker, draw a stamp, or color a star.

1. First Airport Adventure

2. The New Gate

3. Waiting for the Plane

4. The Security Tray

5. My Airplane Seat

6. Finding My Suitcase

7. An Airport Friend

8. A Quiet Spot with Dad

9. Choosing a Snack

10. Traveling with Sunny

11. Bumpy Air

12. Meeting the Pilot

Reading, asking a question, and taking a break can all count.

A coloring break with Ava

I can stop. I can ask. I can take my time.



Color together. There is no rush.