My Help Cards

Point to a card, say the words, or show your grown-up what you need.



It is too loud.



Can we take a break?



Can you show me?



Can I have water?

My Break Picture Plan

Look at these pictures with a grown-up. Make a break plan for your own trip.



Tell my grown-up



Choose a place together



Take a little rest



Check the next step

My Travel Team

Draw yourself and a grown-up who helps you travel. Your team can look different from Ava's.

A grown-up I can ask for help:

Something I want my grown-up to know: