AVA TRAVELS™ Kids



Ava and the Bumpy Air

A gentle story about turbulence, staying buckled, and asking for comfort.



Up in the sky

Ava and Mom were flying above the clouds. Ava’s seat belt was buckled. Mom’s was too. Wings sat in Ava’s lap. Ava was looking at her picture book.



A little bump

The airplane moved with a bump. Then Ava felt another one. “Mom, why is it moving like that?” she asked. She held Wings close. Mom put her book away and listened.



A new word

“The air around the airplane is moving,” Mom said. “Sometimes that makes our ride feel bumpy. It is called turbulence.” “I do not like the bumps,” Ava said. “I hear you,” Mom replied.



Stay seated and buckled

The seat belt sign was on. The crew asked everyone to stay seated with seat belts fastened. Mom checked Ava’s belt. They stayed in their seats. They listened to the crew.



What would help?

“Would you like to hold my hand?” Mom asked. “Yes,” Ava said. Mom held her hand. Ava held Wings with her other hand. Her headphones were nearby. Mom could help her put them on.



One moment at a time

“When will it stop?” Ava asked. “I do not know exactly,” Mom said. “The pilots are checking the air. We will keep our belts on and listen.” Ava could feel worried and still ask for help.



Something familiar

Mom showed Ava a favorite page in her book. Ava pointed to a little airplane. They looked at it together. Ava could read, hold Wings, or rest. She did not have to pretend she liked the bumps.



I know what to do

On this flight, the ride felt smoother later. Ava kept her belt buckled while she sat. “Now I know the word turbulence,” she said. “And I know I can tell you how I feel.” Mom stayed beside her.

I stay seated. I stay buckled. I can ask for help.

For grown-ups

Keep seat belts fastened whenever seated and follow crew instructions. Turbulence can happen unexpectedly. This story models comfort without promising that bumps will stop soon. Headphones and familiar items support comfort; they do not replace the seat belt or crew guidance.