

# My Flight: A Social Narrative

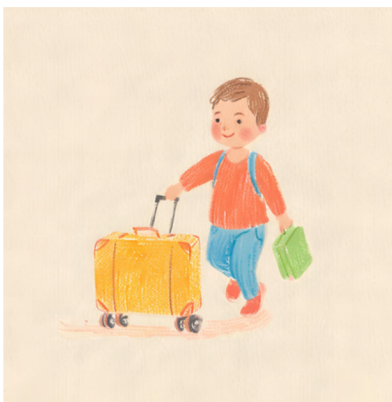
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My family is taking an exciting trip to a new place! We are taking a big plane and going through an airport. I feel excited, nervous, scared, and unsure of all this change. But, I'm big and brave and I know I'm safe with my family.



To help me feel good about going on a plane, I can ask my parents to show me pictures and videos of planes and airports. We can read books and even drive to the airport to see what it's like there!



It's time to go! I get to carry my backpack and I have my very own suitcase with wheels. I am going to hold my parent's hands and they are going to help me be brave in a new place. I am prepared and I know all about planes.





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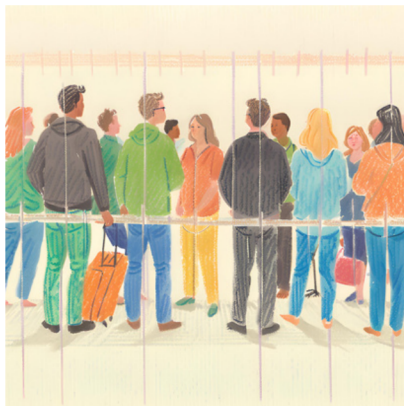
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We are at the airport and there are lots of people around us. I know not to walk away from my family because I could get lost. There are lots of people waiting in lines.



First, we are going to go to a big desk where a person is going to take our suitcases. The person who takes our bags might give us paper tickets for the plane. If I'm very good, I might be able to hold my ticket.



Now we are going to a maze with lots of people in uniforms. These people are security guards. They are here to make sure I am safe in the airport.



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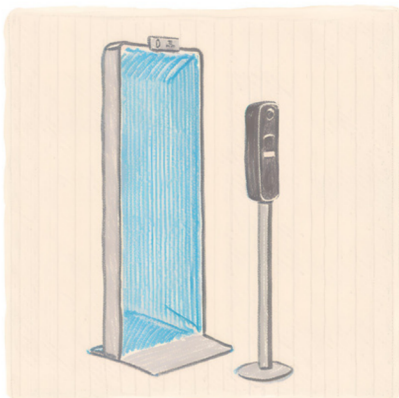
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We have to walk through the maze. My parents told me that this is the security line. I know it might take a long time and I will have to be patient. I will try my best and use my toys to help me pass the time.



When we get to the front of the line, I need to put my items into a big grey bin and take off my shoes and coat. I might have to put my headphones and tablet in the bin too. My parents will put their phones and keys in the bins.



Then I'm going to walk through a big doorway. This is a metal detector. I might have to stand still and it might make funny noises but that's okay.



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My parents had to go through the big metal detector too and we are on the other side of the line. It's time to get our items from the big grey bin and put back on our shoes.



We might need to spend quite a bit of time at the airport waiting for our turn to get on the plane. I have my favorite books, tablets, colors, stuffed buddies, and other items I like in my carry-on bag to help pass the time.



We are walking to the plane! I'm going to hold my parent's hands to make sure I don't get lost. But, if I do get lost, I know to find a person in a uniform to help me find my family again.





# MIDWEST

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When we get on the airplane, the grown-ups will help me find my seat and get buckled in. The seats might be cramped, and I might have to sit by someone new.



When the plane is getting ready to take off, I will watch a safety demonstration from the flight crew and listen to the pilot. The announcement speakers might be loud. I will stay in my seat with my buckle on and my bag underneath my seat during take-off.



I might feel new or uncomfortable sensory experiences, like my ears popping, the plane shaking due to turbulence, new smells, noises from other passengers, as so on.



[midwestautismservices.com](http://midwestautismservices.com)

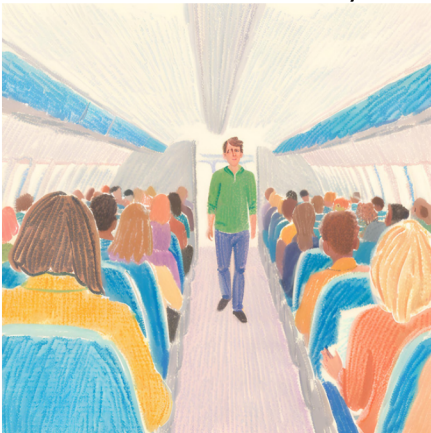


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When the flight crew says it's okay, I can wear my headphones, glasses, and have my other comfort items that I packed. When it's time to land, I will put my things away and back under my seat. I will make sure I am buckled and ready.



When the flight crew and my parents tell me it's safe to exit the plane, I will walk with my family to the baggage claim. This is a big, rotating merry-go-round for people's suitcases. I will watch for my bag to come past so we can retrieve it.



Then we will leave the airport. I will make sure I stay with my family and keep track of my things so nothing gets left behind.

