

Thinksheet: Preparing for Vacation Time

Sample Itinerary

Create one itinerary for each day of the trip. The “Potential problems” column can be left blank and filled in after the trip begins as a way to prepare for each day. For teens and young adults, the itinerary can also be discussed verbally. You can also call these “potential blockers” if the word “problem” is a trigger word!

| Approx. time | Activity | Whose idea or is it a fam-plan? | Potential problems, What I can think/do |
|--------------|-----------------------|---------------------------------|---|
| 9:00 am | Wake up/breakfast | Mine | |
| 10:00 am | Beach | Samantha | May be really hot and uncomfortable <i>Self talk: It's only for an hour. I can get in the water or shade.</i> |
| 12:00 pm | Lunch | Jonas | May not be the food others want to eat <i>Self talk: It's just one meal; I get to pick tomorrow. I can find something to eat</i> |
| 1:00 pm | Me time | Mine | Yes! |
| 2:00 pm | Souvenir shopping | Jess | May be boring for others <i>Self talk: I'll bring my music just in case.</i> |
| 7:00 pm | Dinner with relatives | Parents | Can be stressful when asked personal questions <i>Self talk: I only have to see them once a year.</i> |
| 9:00 pm+ | Journal: 5-10 minutes | Fam-Plan | I don't like to write. Ok. I can draw or tell my perspective. |