

## 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!

<b>Approx. time</b>	<b>Activity</b>	<b>Whose idea or is it a fam-plan?</b>	<b>Potential problems, What I can think/do</b>
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.

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