

TRAVEL CALENDAR

For autistic people going on holiday can sometimes be an anxiety provoking experience.

To help with this we have produced a calendar that will help individuals feel more prepared about when they are going and how long they will be away for.

Feel free to laminate the calendar and use a white board marker to write in when you are going or include any special activities you will be doing when you are away. You can also use the symbols on this page and stick them on your calendar.



plane



plane



plane



plane



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



holiday



home



home



home



home

Month _____

My Travel Calendar

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun