

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.

Approximate time	Activity	Whose plan?	Potential problems, Strategy or What I can think/do
9:00 am	Wake up/breakfast		
10:00 am	Beach	Samantha	May be really hot and uncomfortable <i>Self talk: It's only for an hour!</i>
12:00 pm	Lunch/John's choice	John	May not be the food others want to eat <i>Self talk: It's just one meal; I get to pick the meal tomorrow.</i>
1:00 pm	Own time: play video games, read a book, listen to music		
2:00 pm	Souvenir shopping	Jessica	May be boring for others <i>Self talk: Maybe I can find something I like!</i>
7:00 pm	Dinner with extended relatives	Parents	Can be stressful when asked personal questions <i>Self talk: I only have to see them once a year. I can do the social flip!</i>
9:00 pm+	Journal: 5-10 minutes		

