

Going on an Airplane

A free printable social story for ages 4-10

Air travel packs a full day of transitions, waiting, and unfamiliar noises into a single experience, which is a lot for any child and especially for kids with autism or anxiety. This story previews everything from security to popping ears so nothing comes as a surprise. Read it daily in the week before the flight, and bring it along for the airport wait.

Soon I will go on an airplane trip.

An airplane is a big machine that flies people to faraway places.

First, we go to the airport. It is big and busy, with lots of people and announcements.

At security, our bags ride through a special scanner, and I walk through a doorway machine.

Sometimes we wait a long time at the gate. I can play, read, or have a snack while we wait.

When it is time, we walk down a hallway called a jet bridge onto the plane.

I find my seat and buckle my seatbelt. The seatbelt keeps me safe.

At takeoff, the plane goes fast and gets loud. The loud part is normal.

My tummy might feel funny for a moment as we go up, like on a swing.

My ears might feel full or popping. Chewing, yawning, or sipping a drink helps.

Up in the sky, I can look at clouds, watch a show, or rest.

When the plane lands, we wait our turn to walk off.

Then our adventure begins in a new place.

Airplanes are one way families go on adventures together.

Tips for Reading This Story Together

- Pack a dedicated flight bag your child helps fill: headphones, snacks for ear pressure, a new small toy, and a comfort item.
- Watch kid-friendly videos of takeoff and airport security together so the sights and sounds are familiar.
- Ask your airport about programs for practicing travel with special-needs families; many offer rehearsal days or quiet rooms.
- Board strategically: some families board early to settle, others board last to minimize seated waiting; pick what fits your child.

[Read this story online](#) · [More free social stories](#)

Personalize this story with your child's name for free at nameinabook.com — built by the nonprofit Opportunity Hack.