Going on a plane

A photo or a drawing of me

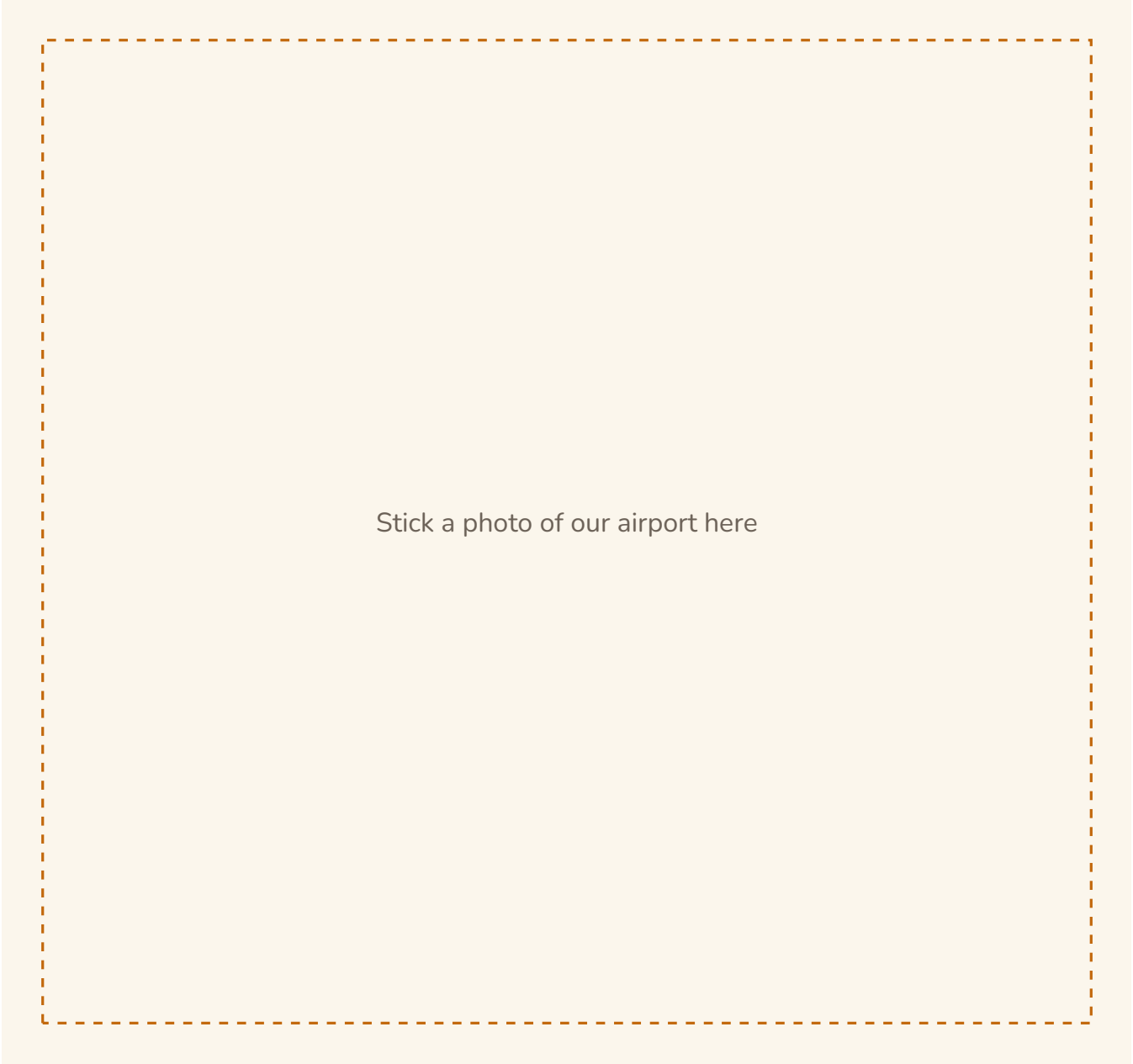
My name is _____



Soon we are going on a trip. We are going on a plane to _____.



On the day, we say goodbye to our house. We are coming home on _____.



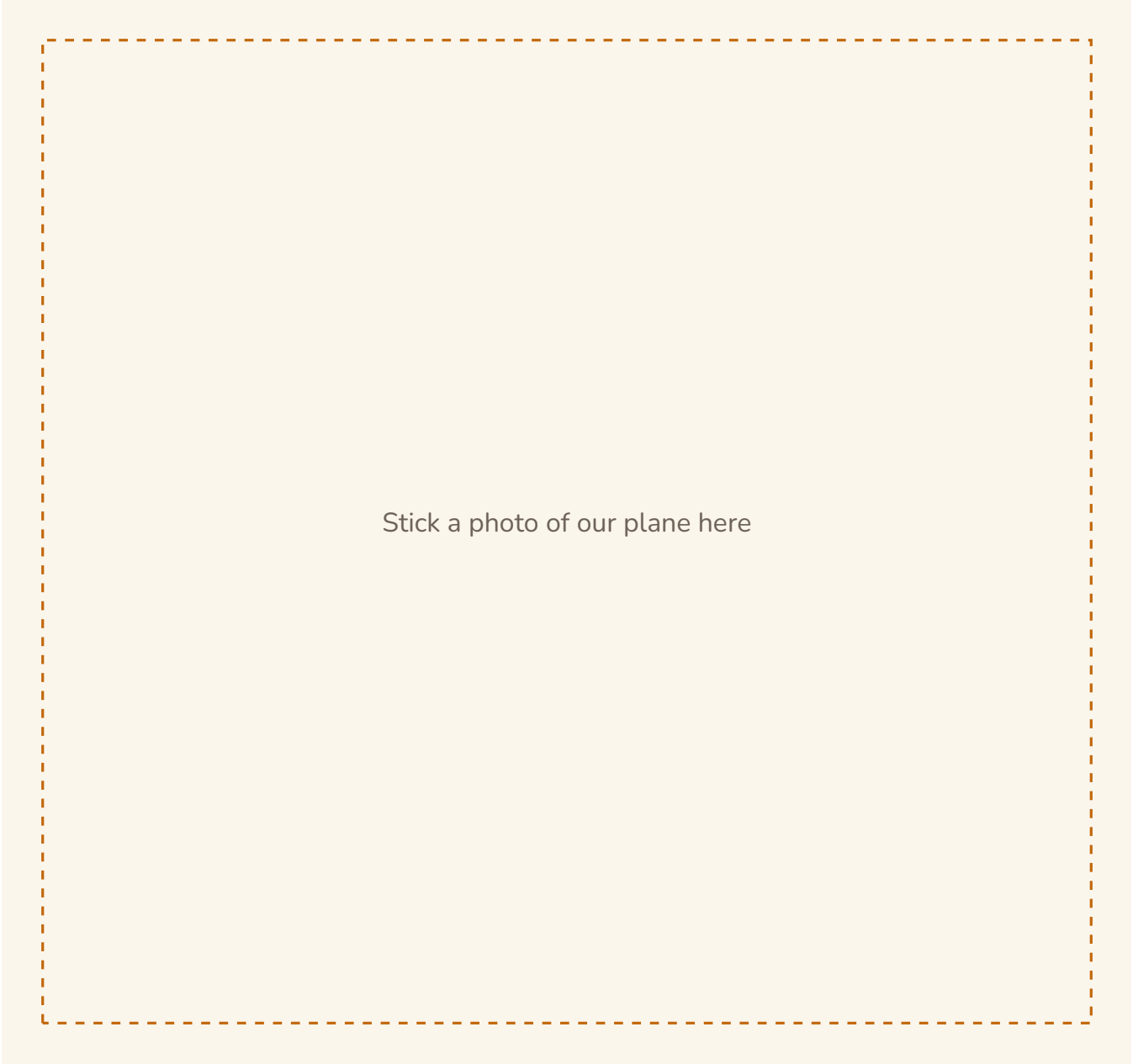
At the airport, we give our big bag to the people at the desk. We keep my small bag with us.



Then we go through security. My things go through a tunnel and come out the other side. My grown-up stays with me.



Then we wait for our plane. I can look out of the window, have a snack or read a book.



On the plane, I sit in my seat and wear a belt. The plane goes fast, and then it goes up into the sky.



When the plane comes down, my ears might feel funny. I have a drink and swallow.



Then we get off the plane. We are there, and there is a new place to explore.

For the grown-up

When to read it

On the nights before the flight, as a story, and once more on the morning. Then take it with you: in the queue it is something familiar to point at.

One sentence to say on the day

“First the bags, then the tunnel, then the plane. I am with you the whole time.”

Why each line is worded this way

heroofyou.com/social-stories/airplane-travel

Sources

TSA - Tips for traveling with small children through the security checkpoint
tsa.gov/news/press/releases/2023/03/07/tsa-tips-traveling-small-children-through-security-checkpoint

KidsHealth (Nemours) - Flying and your child’s ears
kidshealth.org/en/parents/flying-ears.html

Lurie Children’s Hospital of Chicago - Travel tips for children with autism
luriechildrens.org/en/blog/travel-tips-for-children-with-autism-how-to-prepare-for-air-travel/

The advice here is the same as in our first flight guide, whose three sources were read on 29 October 2026. The security line follows the US TSA rules; change it to match your airport. Nothing here is medical advice: if your child has ear pain that lasts, ask a doctor.

Free to print, copy and share at home, in class or in clinic. The pictures come from The Window With the New View, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: going on a plane

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



1 Going on a plane



2 Bye-bye, house

Stick a photo of our airport here

3 Big bag goes, small stays

Draw the tunnel our bags go through

4 Through security



5 We wait

Stick a photo of our plane here

6 Belt on, then up

Draw a drink with a straw

7 Drink and swallow



8 We are there