

Travel Activity Ideas

Pack a backpack or travel bag full of activities with some favorite toys/activities and some new and novel ones.

- colouring/activity travel, mylar packs (usually at \$ stores or grocery stores)
- disposable camera to take pics along the way
- fidget toys such as squeeze balls, tangle, small puzzle-toys, rings, barrel of monkeys, small plastic toys/animals (for sorting, feeling/fidgeting)
- sensory snacks: think crunchy like pretzels, chewy like fruit leather, drinks with straws, etc.
- mini flashlight- play shadow puppets, eye-spy in the “dark places” on the bus
- music, or a list of songs to sing
- -Pad? if parents would like

Some “movement breaks” you can do in your seat:

- Chair push-ups- hands flat on seat beside thighs, lift feet off floor and push bum off seat; try to make yourself into “popcorn” by pushing yourself up and down quickly
- Hand presses
- Clapping games
- Running while seated (just move legs), sing songs with stomping, clapping or knee-slapping (“Going on a bear hunt” for example)
- Songs with hand actions
- Chair dancing!!! Who doesn’t know how to chair dance??!
- Simon Says