



small TALK
speech therapy

Using Visuals to Support Your Holiday

1

Make and take social stories

Use social stories for your entire holiday or parts of your holiday. Print them out and read them regularly, or save them on your phone/tablet.

2

Make and take visual schedules

Use visual schedules to help with the different routines of a holiday. Use them for the length of your holiday, each day of your holiday or for particular activities. Try using an app based visual schedule for easy customisation and access.

3

Keep your visuals handy

To get the most out of your visuals, make sure that you have access to them at all times. Try using printed visuals on a lanyard or wristband, or using apps on your phone or tablet.

4

Check initiatives at airports and tourist attractions

Lots of airports and tourist attractions have free resources to make visiting easier. Many places have sensory maps and social stories to prepare you for your visit.

5

Make a 'ready pack'

Make a scrapbook or album on your device with photos, maps and information about the places you are visiting on your holiday. Use information guides to add to this pack as you travel.

