

Month _____

My Travel Calendar

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun
Mon	Tue	Wed	Thur	Fri	Sat	Sun

For individuals with Autism going on Holiday can sometimes be an anxiety provoking experience. To help with this we have produced a Calendar that will help individuals feel more prepared about when they are going and how long they will be away for. Feel free to laminate this and use a white board maker to write in when you are going or include any special activities you will be doing when you are away. You can also use the symbols below and stick them on your calendar.

