

Calm Airport Mini Pack

A gentle, practical plan for calmer airport days

Logo
placeholder

My Calm Airport Plan

- Headphones / ear defenders
- Snack + water bottle (empty before security)
- Comfort item (teddy / fidget / book)
- Comfortable layers (too hot / too cold)
- Toilet stop before the queue
- Quiet space plan (know where to go)
- One-step focus: what happens next

On the day: gentle reminders

- I am allowed to rest.
- I can ask for help.
- I can use quiet spaces.
- One step at a time.

If I need help, I can say

"We need a quieter space, please."

"Can we use the assistance / quiet lane?"

"Noise is hard right now. Can you help us?"

"We need a short break before we continue."

Calm steps when it feels too much

- 1) Pause. Find a steady spot to stand or sit.
- 2) Put on headphones / reduce noise.
- 3) Drink water or take a small snack.
- 4) Look for a quiet space or ask staff.
- 5) Focus on the next small step only.

I need a quieter space.

Please help us find a quieter place to wait.

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I need a short break.

A few minutes will help me calm and continue.

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Please speak slowly.

Short, clear steps help me understand.

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I can't rush.

I need a gentle pace and time to process.

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One step at a time.

Tell me what happens next, then we will do it.

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Keep this with you

- Screenshot your boarding pass
- Note your gate + boarding time
- Find toilets + quiet areas early
- Ask staff if you need help