



Journey practice skills



Independent Travel Training Fact Sheet – Journey Practice Skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards journey practice skills in preparation for travelling independently to a new school or post 16 education establishment. Taking time to practice part of their new journey or all of it on a regular basis will help embed their independent travel skills.

Think and Plan

In conjunction with the other fact sheets you will have built up some good new skills with your child/ward and now is the time to link them all together where you can. Start to piece together whole journey scenarios with your child/ward to build up a journey ready to practice.

Putting it all together

- Encourage your child/ward to think about how the individual elements of their journey work hand in hand.
- Take time to check and challenge the things they've already covered and don't be afraid to take a few steps back to embed skills further.
- Link some of the practical elements together i.e. getting things ready the night before and then leaving the house walking to the bus stop in the morning.

Practice!

- Walk and use public transport as much as you can to embed the skills, let your child/ward lead where possible.
- When practising start to look at landmarks that help identify where they are on the journey, encouraging them to choose their own landmarks.
- Practice a missed stop on a journey or take a wrong/different turn on a walk to see how they figure out a solution to get back on track.

Suggested Activities

Whenever you go out together encourage your child/ward to plan the journey even if it's a trip to shops or to see a family/friend. Different journeys will help embed further elements you've discussed with them. As a refresher activity make some scenario cards and ask them to choose one at random and see how well they react.

next steps

The key thing is to keep practising and talking about independent travel as much as possible. Travel independence is a lifetime skill which will open up a new world of opportunities.