

What are your on-a-trip strategies?

Take frequent breaks

Check in with the travellers

Distraction

Pack snacks

Be willing to adjust

So many snacks

Distractions!

Play a word game- alphabet game
EatSing a songStop for a break

sing songs

listen to pod cast- learn something

gather the team for a pulse check

acknowledge the issue

Take a detour to get back on track

go shopping

play a game

rest stop-walk! play at the park

give them a time frame for the next destination

Talk it out

Start a conversation

Snacks!

lots of snacks!

Bust out the snacks!

Play games Take about what we are going to do when we get there

rest break

have SNACKS in the car!

SNACKS

Go with the flow

Listen to music

stretch

Plan ahead!

Pay attention to your surroundings.

I have none!! Sheesh...

plan activities ahead

take a bathroom break

play some games

have books/activities for everyone during the drive

Music everyone can sing to

change the focus and sing or play a game where everyone is involved

Alone time

Provide activities

chinese fire drillsgeocaching at rest stops, etc

Think of the end result

pull over at the next stop to let everyone stretch, breath, eat

Good music

Listen to other passengers and be mindful of "fun" stops along the way. Plus include some time fillers like books on tape.

Empathize

Be prepared

Snacks. Snacks. Snacks!

Stop for a bit

give the timeline with everyone ahead so they plan ahead

Acknowledge how they feel, ask them open ended questions, take a break,

headphones

Take detours as they come up

