Emma's

Travel Journal

Tokyo & Kyoto

Japan

Mar 14, 2025 - Mar 20, 2025

Welcome, Traveler!

Dear Emma,

You are about to become an explorer! This journal is your secret place to capture everything you discover in Tokyo & Kyoto.

Years from now, you'll read these pages and remember exactly how you felt, what made you laugh, and all the amazing things you learned. Your words and drawings are more precious than any souvenir you could buy.

There are no wrong answers here - just YOUR thoughts, YOUR feelings, and YOUR adventure. Be curious. Ask questions. Try new things. And most importantly, have fun!

Before You Go...

Your adventure awaits!

1. *What do you imagine Tokyo & Kyoto will look, sound, and smell like?*

2. *What is one thing you hope to learn or discover on this trip?*

3. *What is something you've never done before that you want to try?*

4. *Write a wish or hope you have for this adventure:*

About My Trip

Explorer: Emma

Destination: Tokyo & Kyoto

I am traveling with: _____

How we are getting there: _____

Draw Your Destination!

Draw a map, your route, or what you think your destination looks like:

My Packing Checklist

- ◯ Clothes
- ◯ Favorite toy/book
- ◯ Snacks
- ◯ Comfy shoes
- ◯ Toothbrush
- ◯ Camera
- ◯ Journal (this one!)
- ◯ Sunscreen

All About Tokyo & Kyoto

LANGUAGE
Japanese

CURRENCY
Yen (¥)

POPULATION
14 million (Tokyo)

Useful Phrases:

- **"Konnichiwa"** = Hello
- **"Arigatou"** = Thank you
- **"Sayonara"** = Goodbye

Did You Know?

- Tokyo has more Michelin-starred restaurants than any other city in the world!
- There are vending machines everywhere in Japan - even for hot ramen!
- Train stations play unique melodies when trains arrive
- Some traffic lights chirp like birds to help blind people cross

Cultural Tips

- Bowing is how people greet each other
- You take off your shoes before entering homes
- Trains are extremely punctual - even seconds matter!

Famous Landmarks

1. **Tokyo Tower**

   My notes:

2. **Senso-ji Temple**

   My notes:

3. **Shibuya Crossing**

   My notes:

4. **Tokyo Skytree**

   My notes:

5. **Meiji Shrine**

   My notes:

IN-FLIGHT FUN!

Word Search

Find: TOKYO, RAMEN, SUSHI, TEMPLE, KIMONO, ORIGAMI

N	M	O	H	Z	U	G	P	O
G	F	A	N	K	Y	Y	M	R
L	I	W	X	Z	A	J	G	H
V	E	E	T	Z	H	T	O	R
B	C	B	K	D	N	R	G	D
X	M	K	Y	U	H	V	Z	U
K	H	M	M	U	O	S	L	P
R	S	P	C	R	F	A	C	N
M	R	X	J	W	Z	Z	R	X

UNSCRAMBLE

1. YTOKO ....
2. ARMNE ....
3. IHUSS ....
4. MEEPLT ....
5. OINKMO ....
6. GMIOARI ....

Quick Trivia

Q1: What is Japan's tallest mountain?

____

Q2: What do you call the famous Japanese art of paper folding?

____

Q3: What is the name of Japan's super-fast train?

____

Answers: 1.Mount Fuji 2.Origami 3.Shinkansen (Bullet Train)

Travel Bingo

Check off each item you spot!

See a local animal	Try new food	Learn a new word
Take a silly photo	Make someone smile	Find something blue
See a street performer	Walk 10,000 steps	FREE SPACE
Buy a souvenir	See something ancient	Eat dessert

SCAVENGER HUNT

- [ ] Something red
- [ ] A uniform
- [ ] The number 7
- [ ] Something soft
- [ ] A cloud shape
- [ ] Someone smiling
- [ ] Something shiny
- [ ] A bird
- [ ] The color blue
- [ ] A sign with letters

Tally Count

Airplanes:

Red cars:

Dogs:

Waves:

Draw It!

Draw what you imagine Tokyo & Kyoto looks like:

Would You Rather...

1. ☐ Fly like a bird *OR* ☐ Swim like a dolphin
2. ☐ Visit 100 years ago *OR* ☐ Visit 100 years ahead
3. ☐ Eat only sweets *OR* ☐ Eat only pizza

Categories Game

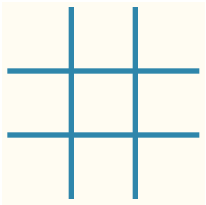
Name one thing starting with "T" for each:

Animal: _ _ _ _ _ _ **Food:** _ _ _ _ _ _ **Place:** _ _ _ _ _ _

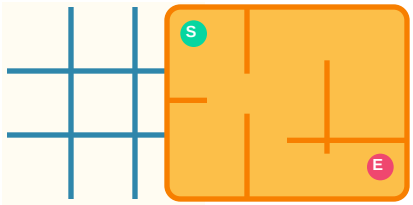
Name: _ _ _ _ _ _ **Color:** _ _ _ _ _ _ **Thing:** _ _ _ _ _ _

Game Time!

Tic-Tac-Toe



MINI MAZE



Story Starter

"One day in Tokyo & Kyoto, something amazing happened..."

Travel Math

3 hrs x 500 mph = _____ miles

25 + 17 + 8 = _____

$20 - $7.50 = $_____

6 rows x 30 seats = _____

License Plate Game

Check off license plates from different states as you spot them!

☐ AL	☐ AK	☐ AZ	☐ AR	☐ CA
☐ CO	☐ CT	☐ DE	☐ FL	☐ GA
☐ HI	☐ ID	☐ IL	☐ IN	☐ IA
☐ KS	☐ KY	☐ LA	☐ ME	☐ MD
☐ MA	☐ MI	☐ MN	☐ MS	☐ MO
☐ MT	☐ NE	☐ NV	☐ NH	☐ NJ
☐ NM	☐ NY	☐ NC	☐ ND	☐ OH
☐ OK	☐ OR	☐ PA	☐ RI	☐ SC
☐ SD	☐ TN	☐ TX	☐ UT	☐ VT
☐ VA	☐ WA	☐ WV	☐ WI	☐ WY

Bonus Finds

- ○ Canada plate
- ○ Mexico plate
- ○ Vanity plate
- ○ Vintage plate

Total states spotted: _____ / 50

Alphabet Game

Find each letter on signs, billboards, or license plates!

A ☐	B ☐	C ☐	D ☐	E ☐	F ☐	G ☐	H ☐	I ☐
J ☐	K ☐	L ☐	M ☐	N ☐	O ☐	P ☐	Q ☐	R ☐
S ☐	T ☐	U ☐	V ☐	W ☐	X ☐	Y ☐	Z ☐	

Traffic Sign Spotter

Check off signs as you see them!

- ☐ STOP sign
- ☐ Yield sign
- ☐ Speed limit
- ☐ One way
- ☐ No parking
- ☐ School zone
- ☐ Railroad
- ☐ Exit sign
- ☐ Rest area
- ☐ Gas station
- ☐ Food sign
- ☐ Hospital

Travel Estimation Game

Guess how many of each thing you'll see, then count the real number!

ITEM	MY GUESS	ACTUAL
Dogs		
Cats		
Cows		
Horses		
Red cars		
Blue cars		
Motorcycles		
Trucks		
Airplanes		
Birds		
Bridges		
Tunnels		
Fast food signs		
Gas stations		
Police cars		
School buses		

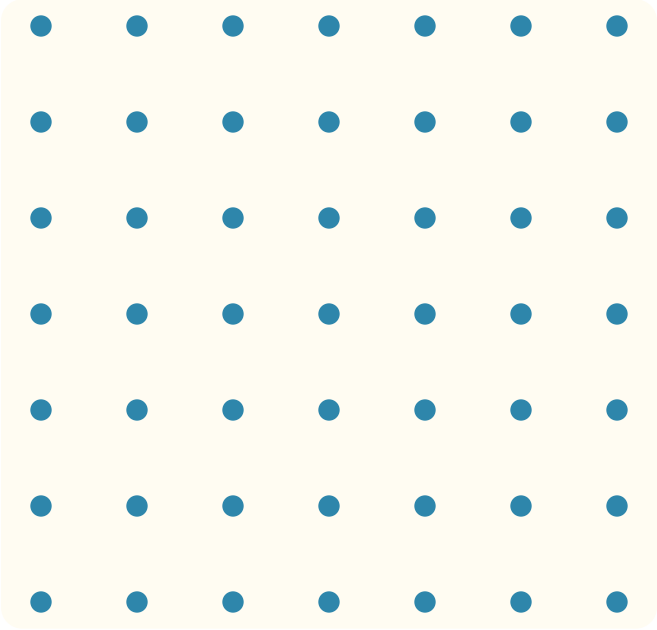
How close were your guesses? Circle one:

VERY CLOSE / PRETTY CLOSE / WAY OFF

Dots & Boxes

Take turns drawing lines between dots. Complete a box and write your initial inside!

GAME 1



SCORE

Player 1: _____
Boxes: _____

Player 2: _____
Boxes: _____

GAME 2 (Quick Round)

P1: _____

P2: _____

1 Day 1

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Tokyo's train stations have unique arrival melodies. What sounds did you notice in public spaces?*

2 *Try using chopsticks for a whole meal. What was the trickiest thing to pick up?*

Day 1 - Sketch & Reflect

Draw: Draw something amazing you saw today

NEW WORD

Word: . . . . . .

Means: . . . . . .

Use it: . . . . . .

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

2 Day 2

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Look at the vending machines around you. What unusual items did you find for sale?*

2 *Japanese streets are very clean. What do you think keeps them so tidy?*

3 *What was the most surprising thing about how people act in Japan?*

Day 2 - Sketch & Reflect

Draw: Sketch your favorite meal

NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

3 Day 3

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Japanese streets are very clean. What do you think keeps them so tidy?*

2 *Visit a convenience store (konbini). What foods looked interesting?*

Day 3 - Sketch & Reflect

Draw: Draw the view from where you are

NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

4 Day 4

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Watch people at a crosswalk. How is it different from crosswalks at home?*

2 *Tokyo's train stations have unique arrival melodies. What sounds did you notice in public spaces?*

3 *How did it feel to bow when greeting someone?*

Day 4 - Sketch & Reflect

Draw: Draw yourself exploring Tokyo & Kyoto

NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

5 Day 5

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Tokyo's train stations have unique arrival melodies. What sounds did you notice in public spaces?*

2 *Describe a Japanese food you tried. How is it different from food at home?*

Day 5 - Sketch & Reflect

Draw: Illustrate your favorite moment

NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

6 Day 6

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Look at the vending machines around you. What unusual items did you find for sale?*

2 *Japanese streets are very clean. What do you think keeps them so tidy?*

3 *If you could bring one Japanese tradition home, what would it be?*

Day 6 - Sketch & Reflect

Draw: Draw something that surprised you

NEW WORD

Word: . . . . . .

Means: . . . . . .

Use it: . . . . . .

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

7 Day 7

Tokyo & Kyoto

Date: _____ Mood: ○ Great ○ Good ○ Okay ○ Tired

Weather: ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Cold

1 *Japanese streets are very clean. What do you think keeps them so tidy?*

2 *Try using chopsticks for a whole meal. What was the trickiest thing to pick up?*

Day 7 - Sketch & Reflect

Draw: Sketch a building or landmark

NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

Trip Reflections

1 *The BEST thing about this trip was...*

Something that SURPRISED me...

3 *A new thing I LEARNED...*

I want to REMEMBER...

5 *Next time I travel, I want to...*

DONE!

Trip Complete!

Emma's Adventure

to Tokyo & Kyoto

7 Days of Exploration

RATE YOUR TRIP

Overall:

Visit again? Yes No

MY TOP 3 MEMORIES

1. _____
2. _____
3. _____

FOODS I TRIED

- .....
- .....
- .....

SOUVENIRS

- .....
- .....
- .....

NOTE TO MY FUTURE SELF:

_____

_____

_____