

Mia's

Travel Journal



Bangkok

Thailand



Apr 30, 2025 - May 4, 2025



Welcome, Traveler!

Dear Mia,

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

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 Bangkok 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: Mia

Destination: Bangkok

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 Bangkok

LANGUAGE

Thai

CURRENCY

Thai Baht (฿)

POPULATION

10 million

Useful Phrases:

"**Sawasdee**" = Hello

"**Khop khun**" = Thank you

"**La gorn**" = Goodbye

Did You Know?

- ★ Bangkok's full ceremonial name is the longest city name in the world - 168 letters!
- ★ There are over 400 Buddhist temples (wats) in Bangkok
- ★ The floating markets sell food and goods from boats!
- ★ Tuk-tuks are colorful three-wheeled taxis zooming everywhere

Cultural Tips

- Buddhism is a big part of daily life
- The wai greeting (hands together with a bow) shows respect
- Street food is everywhere and amazingly delicious

Famous Landmarks

1 Grand Palace

My notes:

2 Wat Pho (Temple of the Reclining Buddha)

My notes:

3 Wat Arun (Temple of Dawn)

My notes:

4 Chatuchak Weekend Market

My notes:

5 Floating markets

My notes:

IN-FLIGHT FUN!

UNSCRAMBLE

Word Search

Find: BANGKOK, TEMPLE, BUDDHA, THAI, PALACE, MARKET

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

Quick Trivia

Q1: What is the most famous noodle dish in Thailand?

Q2: What are the colorful three-wheeled taxis called?

Q3: What is the Thai gesture of greeting called?

Answers: 1.Pad Thai 2.Tuk-tuks 3.Wai

Travel Bingo

Check off each item you spot!

<input type="radio"/> See a local animal	<input type="radio"/> Try new food	<input type="radio"/> Learn a new word
<input type="radio"/> Take a silly photo	<input type="radio"/> Make someone smile	<input type="radio"/> Find something blue
<input type="radio"/> See a street performer	<input type="radio"/> Walk 10,000 steps	<input type="radio"/> FREE SPACE
<input type="radio"/> Buy a souvenir	<input type="radio"/> See something ancient	<input type="radio"/> 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:

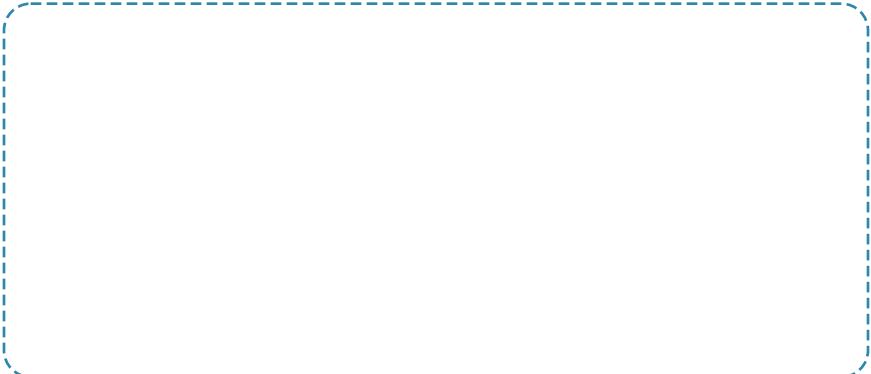
Dogs:

Red cars:

Waves:

Draw It!

Draw what you imagine Bangkok 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 "B" for each:

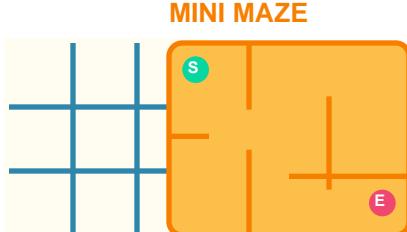
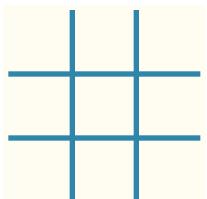


Animal: _____ Food: _____ Place: _____

Name: _____ Color: _____ Thing: _____

Game Time!

Tic-Tac-Toe



Story Starter

"One day in Bangkok, something amazing happened..."

Travel Math

$$3 \text{ hrs} \times 500 \text{ mph} = \underline{\hspace{2cm}} \text{ miles}$$

$$25 + 17 + 8 = \underline{\hspace{2cm}}$$

$$$20 - \$7.50 = \$\underline{\hspace{2cm}}$$

$$6 \text{ rows} \times 30 \text{ seats} = \underline{\hspace{2cm}}$$

License Plate Game

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

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

Bonus Finds

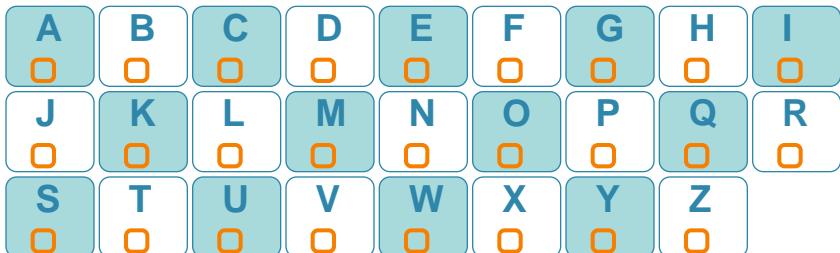
- Canada plate
- Vanity plate

- Mexico plate
- Vintage plate

Total states spotted: _____ / 50

Alphabet Game

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



Traffic Sign Spotter

Check off signs as you see them!

- | | | |
|--------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STOP sign | <input type="checkbox"/> Yield sign | <input type="checkbox"/> Speed limit |
| <input type="checkbox"/> One way | <input type="checkbox"/> No parking | <input type="checkbox"/> School zone |
| <input type="checkbox"/> Railroad | <input type="checkbox"/> Exit sign | <input type="checkbox"/> Rest area |
| <input type="checkbox"/> Gas station | <input type="checkbox"/> Food sign | <input type="checkbox"/> Hospital |

Travel Estimation Game

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

ITEM	MY GUESS	ACTUAL
Dogs	<input type="text"/>	<input type="text"/>
Cats	<input type="text"/>	<input type="text"/>
Cows	<input type="text"/>	<input type="text"/>
Horses	<input type="text"/>	<input type="text"/>
Red cars	<input type="text"/>	<input type="text"/>
Blue cars	<input type="text"/>	<input type="text"/>
Motorcycles	<input type="text"/>	<input type="text"/>
Trucks	<input type="text"/>	<input type="text"/>
Airplanes	<input type="text"/>	<input type="text"/>
Birds	<input type="text"/>	<input type="text"/>
Bridges	<input type="text"/>	<input type="text"/>
Tunnels	<input type="text"/>	<input type="text"/>
Fast food signs	<input type="text"/>	<input type="text"/>
Gas stations	<input type="text"/>	<input type="text"/>
Police cars	<input type="text"/>	<input type="text"/>
School buses	<input type="text"/>	<input type="text"/>

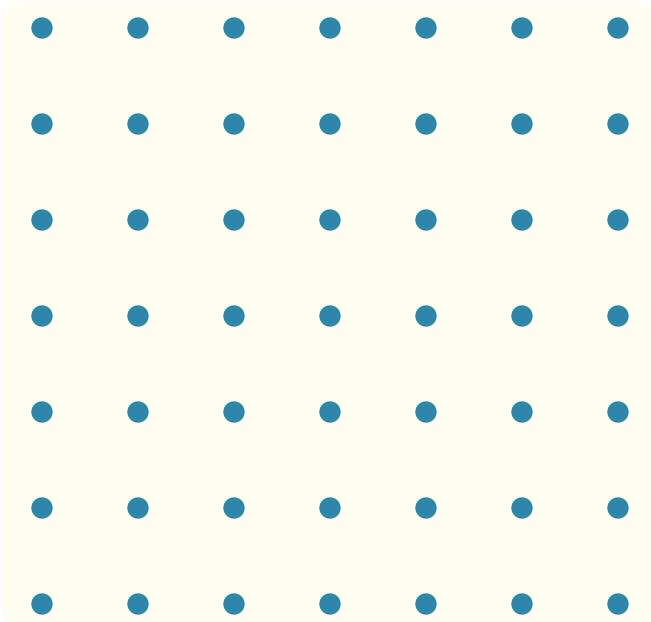
How close were your guesses? Circle one:

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

Bangkok



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

Walk through a temple. What colors and decorations do you see?

2

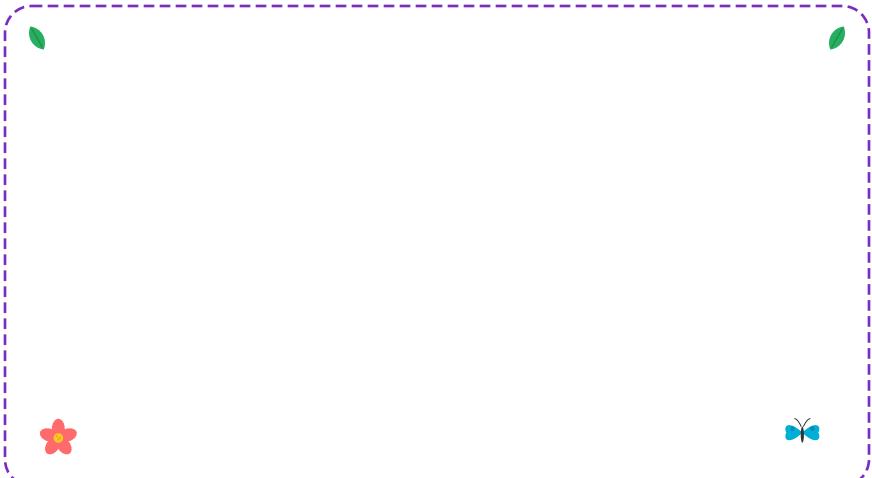
Try pad thai from a street stall. Rate the flavors!

3

What did you notice about Buddhist monks?

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



Date: _____

Mood:

 Great Good

Weather:

 Sunny Cloudy Rainy Cold Okay Tired

1

Watch the boats on the river. What are people carrying?

2

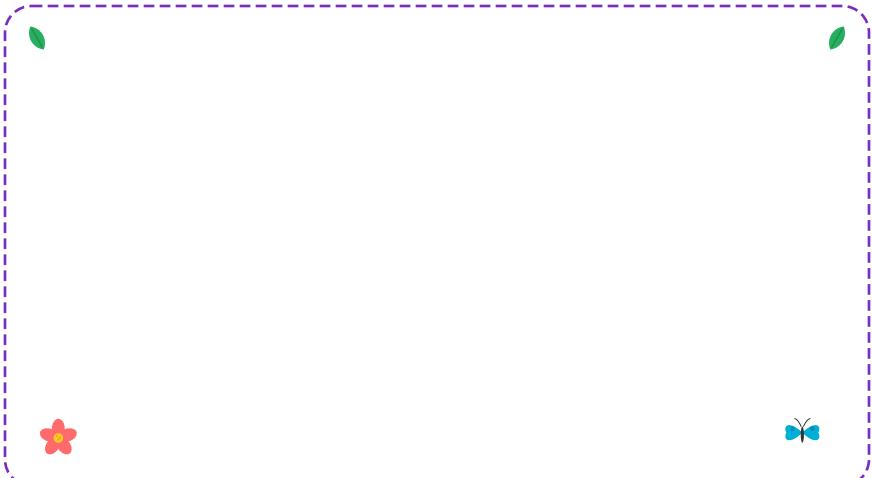
Look at the street food stalls. What's cooking?

3

What would it be like to shop at a floating market?

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

Bangkok



Date: _____

Mood:

 Great Good

Weather:

 Sunny Cloudy Rainy Cold Okay Tired

1

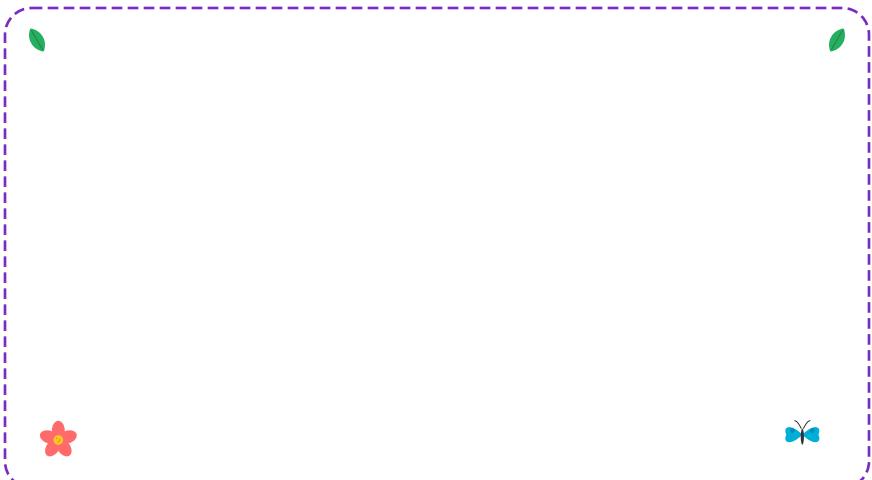
Look at the street food stalls. What's cooking?

2

Describe mango sticky rice. Was it your favorite dessert?

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

Bangkok



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

Notice how people greet each other. What gestures do they use?

2

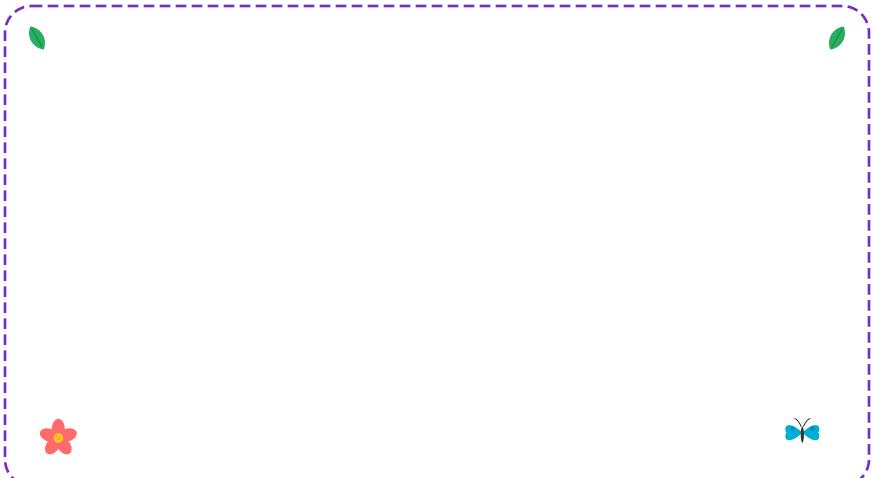
Walk through a temple. What colors and decorations do you see?

3

What did you notice about Buddhist monks?

Day 4 - Sketch & Reflect

Draw: Draw yourself exploring Bangkok



NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

5

Day 5

Bangkok



Date: _____

Mood:

 Great Good

Weather:

 Sunny Cloudy Rainy Cold Okay Tired

1

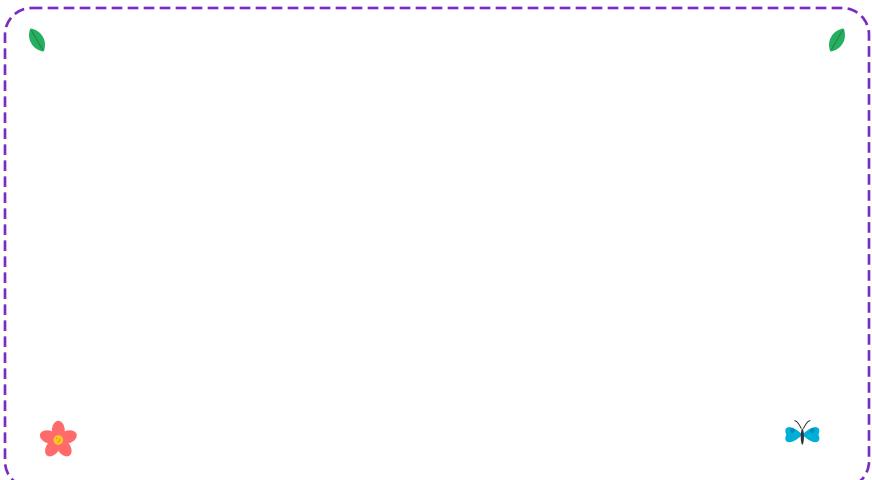
Walk through a temple. What colors and decorations do you see?

2

What was the spiciest thing you ate?

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

Trip Reflections

The BEST thing about this trip was...

Something that SURPRISED me...

A new thing I LEARNED...

I want to REMEMBER...

Next time I travel, I want to...





DONE!

Trip Complete!

Mia's Adventure

to Bangkok

5 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:

.....
.....
.....



SCAN AFTER YOUR TRIP!

Upload photos of your journal to
create a video memory!

