

Sophia's

Travel Journal



Hawaii

United States



May 31, 2025 - Jun 5, 2025

Welcome, Traveler!

Dear Sophia,

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

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 Hawaii 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: Sophia

Destination: Hawaii

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 Hawaii

LANGUAGE

English & Hawaiian

CURRENCY

US Dollar (\$)

POPULATION

1.4 million (all islands)

Did You Know?

- ★ Hawaii is the only US state made entirely of islands!
- ★ Hawaiian has only 13 letters in its alphabet
- ★ The islands were formed by underwater volcanoes
- ★ Hawaii is home to the only royal palace in the United States

Cultural Tips

- Aloha spirit - treating everyone with love and respect
- 'Ohana means family - and family is very important
- Lei are given as welcomes and celebrations

Famous Landmarks

1 Diamond Head

My notes:

2 Pearl Harbor

My notes:

3 Waikiki Beach

My notes:

4 Hawaii Volcanoes National Park

My notes:

5 Na Pali Coast

My notes:

IN-FLIGHT FUN!

UNSCRAMBLE

Word Search

Find: HAWAII, ALOHA, VOLCANO, BEACH, SURFING, TURTLE

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

1. AWIAIH

2. LHAOA

3. VOAONCL

4. EBHCA

5. FGSNRUI

6. UTTELR

Quick Trivia

Q1: How many main islands make up Hawaii?

Q2: What is the Hawaiian word for thank you?

Q3: What type of geological feature formed the Hawaiian islands?

Answers: 1.8 2.Mahalo 3.Volcanoes

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:

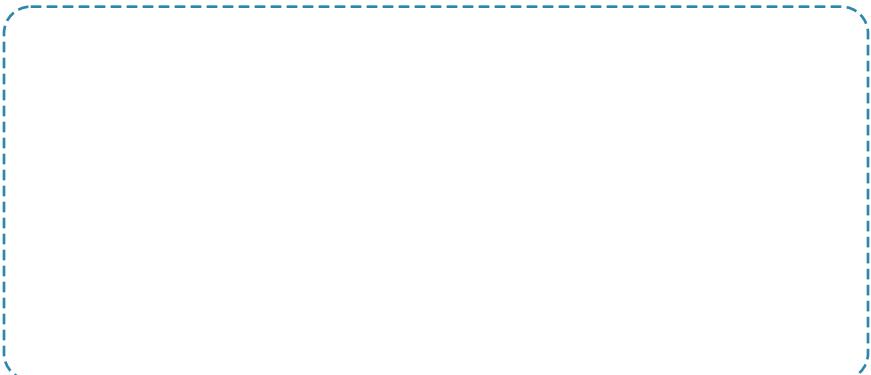
Dogs:

Red cars:

Waves:

Draw It!

Draw what you imagine Hawaii 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 "H" for each:

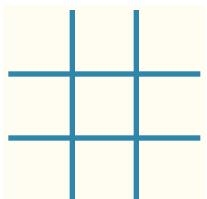


Animal: _____ Food: _____ Place: _____

Name: _____ Color: _____ Thing: _____

Game Time!

Tic-Tac-Toe



Story Starter

"One day in Hawaii, 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

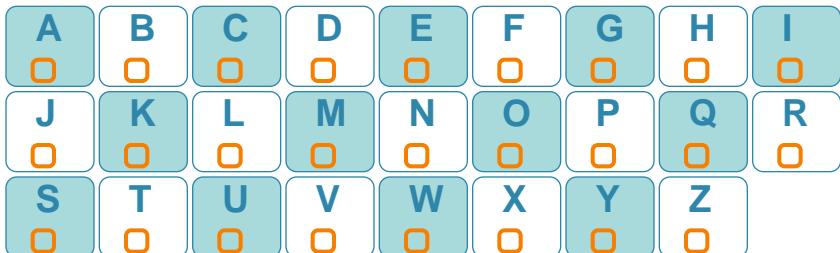
- Canada plate
- Vanity plate

- 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!

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	<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"/>

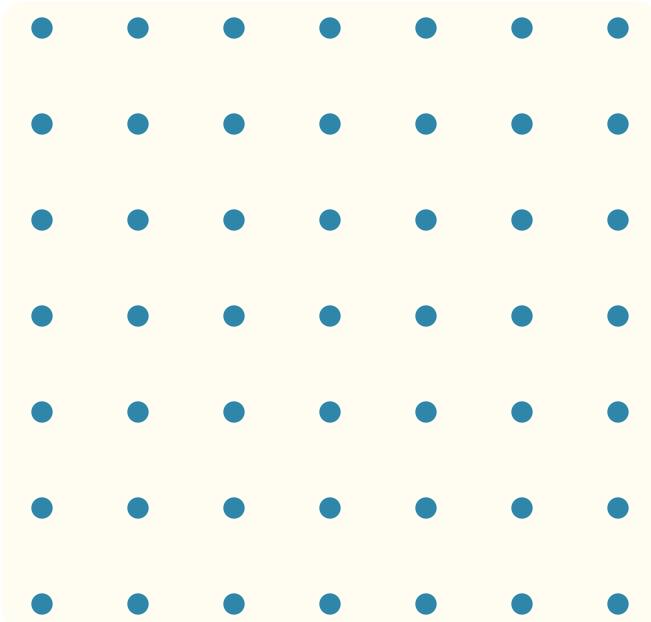
How close were your guesses? Circle one:

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

Hawaii



Date: _____

Mood:

 Great Good

Weather:

 Sunny Cloudy Rainy Cold Okay Tired

1

Describe the ocean when you first saw it. What colors? What sounds?

2

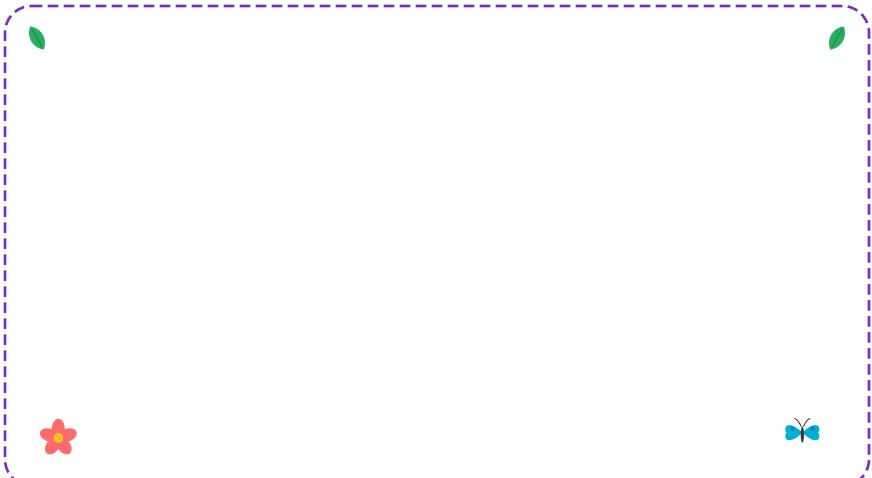
Describe the underwater world if you went snorkeling.

3

What birds did you notice that you've never seen before?

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

Hawaii



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

Watch a hula performance. What stories were being told through dance?

2

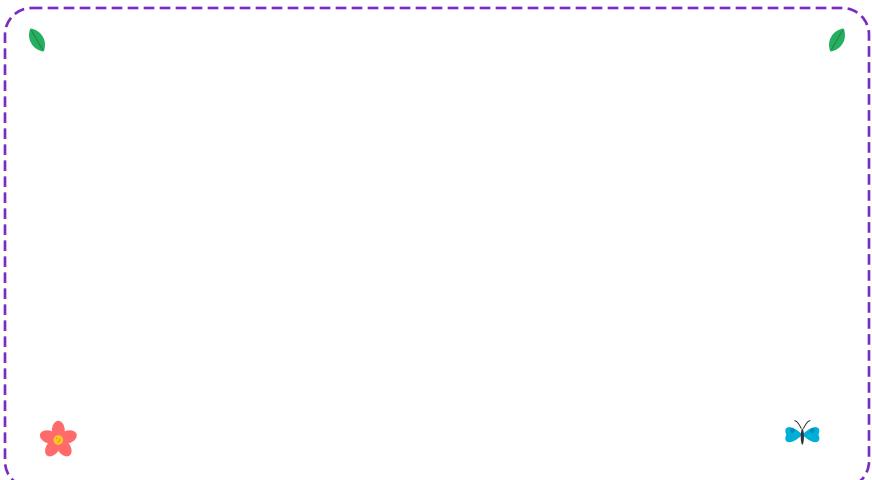
Look at a volcanic landscape. How is it different from other mountains?

3

What does 'aloha spirit' mean to you after visiting?

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

Hawaii



Date: _____

Mood:

 Great Good

Weather:

 Sunny Cloudy Rainy Cold Okay Tired

1

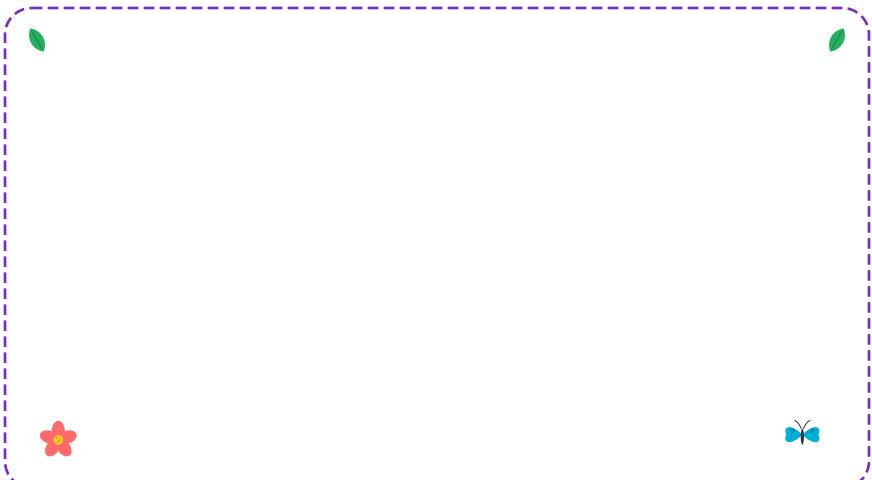
Look at a volcanic landscape. How is it different from other mountains?

2

How do volcanoes create new land?

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

Hawaii



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

Notice the plants and flowers around you. Which ones are new to you?

2

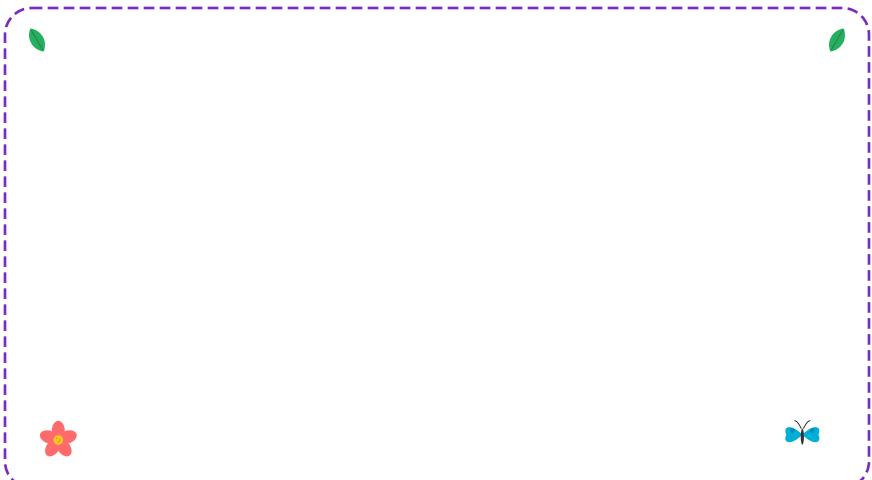
Describe the ocean when you first saw it. What colors? What sounds?

3

What birds did you notice that you've never seen before?

Day 4 - Sketch & Reflect

Draw: Draw yourself exploring Hawaii



NEW WORD

Word:

Means:

Use it:

TODAY WAS...

Best part:

Surprising:

What I Want to Remember

5

Day 5

Hawaii



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

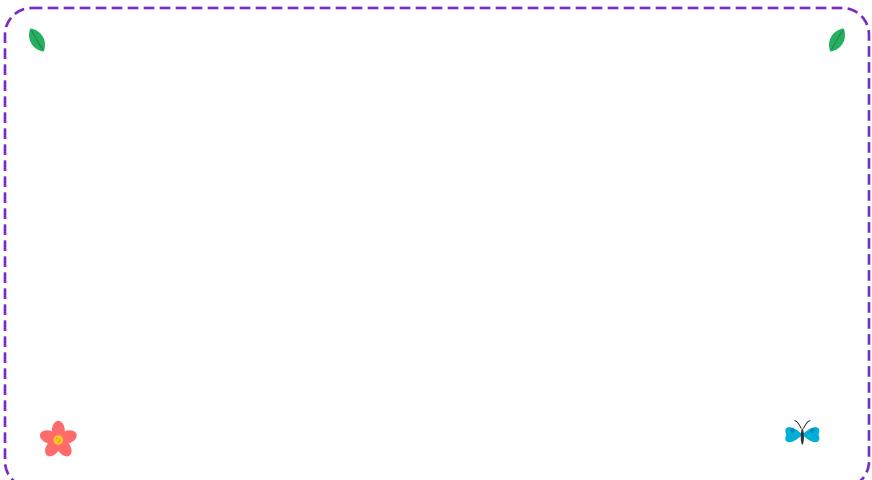
Describe the ocean when you first saw it. What colors? What sounds?

2

What plants or animals did you see that don't live where you're from?

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

Hawaii



Date: _____

Mood: Great GoodWeather: Sunny Cloudy Rainy Cold Okay Tired

1

Watch a hula performance. What stories were being told through dance?

2

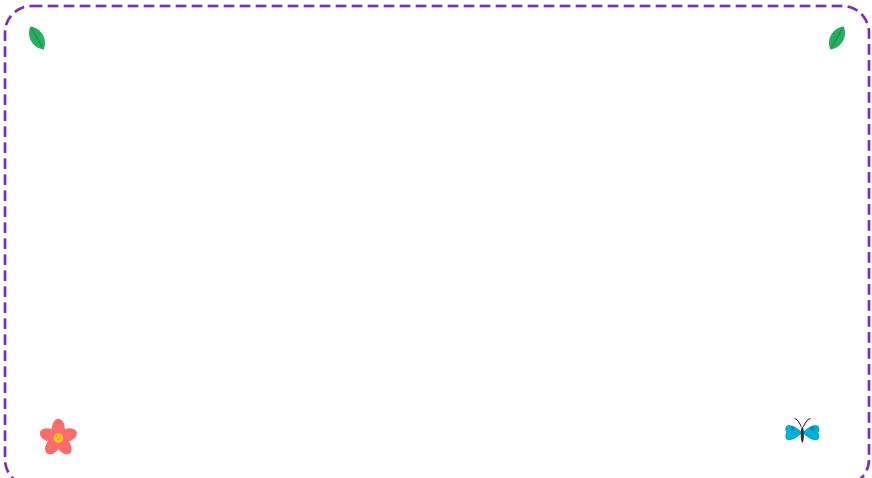
Look at a volcanic landscape. How is it different from other mountains?

3

How is the pace of life different from home?

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

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!

Sophia's Adventure

to Hawaii

6 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:

.....

.....

.....

