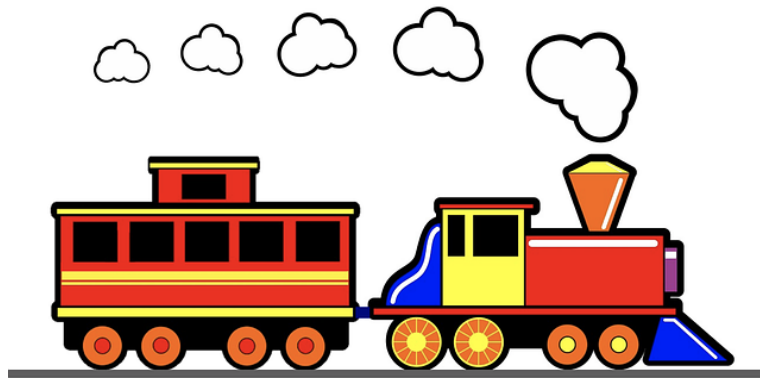


Welcome to the Happy Talk “Off On the Train” Pack!



Happy Talk is a part of the HSE Speech and
Language Therapy Service.

Happy Talk seeks to support language, literacy
and learning skills of young children.

Welcome to the Happy Talk 'Off on the Train' Pack!

This pack contains ideas and activities to play and use at home to help develop early language, literacy and learning skills.

We hope you enjoy these resources, and send photos of your drawings, make and do, and stories to us by email to aofe.oshea@hse.ie, by text or WhatsApp to 0876440177 or on Facebook (Happy Talk).

We look forward to seeing our regular Happy Talkers again in Cork City! Please note however, we are happy for this resource to be shared far and wide and hope as many people as possible enjoy it.

All materials used in this pack are either generated by Happy Talk - HSE or are free to download online.

The activities in this pack are intended for children aged approximately 4 - 8 years. However, that doesn't mean some of these activities can't be enjoyed by kids of all ages; even grown up kids!

We wish to thank the students and staff of UCC Speech and Language Therapy Dept. for helping to make these packs possible.

'Off on the Train!' Let's Get Ready

We know it's going to be a while before you get on a real train. This week we're going to use our imaginations and pretend! We are going to pretend that we are going 'Off on the Train!' You can even set up a pretend train in your home.



Who will be the driver? Who will be the station master?
Who will be the passengers?

This pack is full of activities to help you pretend, and play, while thinking about trains!

You can even make a plan as to where you might go on the train in the future!

See more ideas on setting up a train at home here:

<https://www.toddlerapproved.com/2016/12/train-pretend-play-fun-for-kids.html>

Happy Talk Mindful Moments

Happy Talk Mindful Moments are a chance to take a time out and to settle or energise your brain and body. Learning to pay attention can build great listening and learning skills. In these times it is normal to feel a little worried, and so a Happy Talk Mindful Moment is a great way to remain calm.

Listening On the Train Mindful Moment

Take a seat on your pretend train. Close your eyes and take five slow deep breaths while you are waiting for your journey to begin. Think about all the different sounds you might hear on and off the train.



Can you hear:

The sound of your breathing? Your heartbeat? Sounds coming from other people?

Can you imagine:

The train's engine zooming along as the train goes fast? The clicky clack sounds of the train running along the tracks? The squeaking sound of the food trolley's wheels moving up and down the aisle? The whispers from people in the next seat? A baby crying at the back of the carriage? The hustle and bustle of passengers trying to get off at the next stop?

Wow! You are brilliant at imagining and pretending!

'Off on the Train!' Rhymes and Songs

Down by the Station

Down by the station,
Early in the morning,
See the little choo-choo trains,
All in a row.

See the station meter,
Turn the little handle,
Puff, puff, toot, toot,
Off we go!



Whistle Whistle Little Star

(to the tune of 'Twinkle Twinkle Little Star')

Whistle, whistle, little train,
As you leave the station gate,
'Clicky-clacky' are the wheels,
That roll on the tracks of steel,
Whistle, whistle, little train,
As you leave the station gate.



Faster, faster, gaining speed,
Quicker than a lightening steed,
Then you slow and start to chug,
Crawling like a tiny bug,
Whistle, whistle little train,
Now you've reached your stop again.



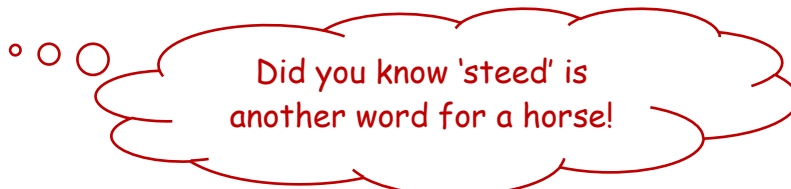
Can you find something to help you make a 'clicky-clack' sound?
What else do wheels do?

What is a 'lightening steed'? Can you think of 3 other animals
that are very fast?

What are 'tracks of steel'? Can you think of 3 other things that
are made out of steel?

What does it mean to 'chug'? Can you think of 3 others things a
train can do?

Do you know any 'tiny bugs'? Can you name 3 more 'tiny bugs'?



Chugga Chugga Choo Choo!

We are going to use this song in a game of Musical Statues.
You will find the song here:

<https://www.youtube.com/watch?v=pCbf51SXrgU>



You can use the youtube clip for your game or...

Make your own version of the song! Practice singing it, and then an adult can record it on their phone. Don't forget to send your performance to the people you love!

To play Musical Statues: The leader will press play on the song and everyone must dance, then when the music is paused everyone has to stand still like a statue. Anyone who moves is out of the game. Keep playing until there is one winner. Then you can start all over again!

Chugga chugga choo choo! Chugga chuga choo choo!

Let's go ride the train!

Chugga chugga choo choo! Chugga chuga choo choo!

Let's go ride the train!


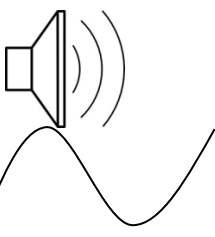

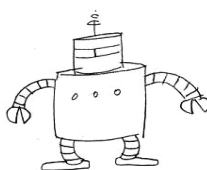







Hear the whistle blow, the engine run, the wheels
go clickity clack,

There's so much to see, come ride with me,

Let's go ride the train!

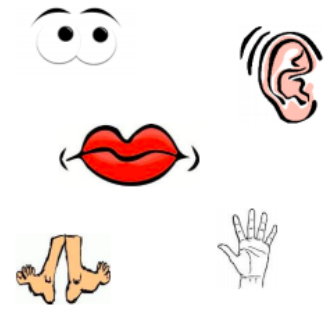
Rhyme Time Voices and Games

Say the rhymes using the following games and activities.

<p>Whisper</p>  <p>WHISPER</p>	<p>Loud-Soft-Loud</p> 	<p>Laughing</p> 
<p>Robot Voice</p> 	<p>Silly Voice</p> 	<p>Slow Motion</p> 
<p>When it gets a bit easier try these games:</p>		
<p>Tap/drum/clap out each beat</p> 	<p>Tap/drum/clap out each word</p> 	<p>Say every second word with your child</p> 
<p>Leave words and see can your child fill the gaps</p> 	<p>Make mistakes and see does your child spot them</p> 	

Happy Talk Listening Rules

1. Look with your eyes
2. Listen with your ears
3. Mouth is closed
4. Hands are still
5. Feet on the ground



'All Aboard' Listening Game

This game is all about listening for instructions! For this game you must pretend the room or garden is a train station. Decide:

Which side is the train? Which side is the platform?

Pick a leader to be the Station Master!
They can check everyone's tickets before they leave them on the platform. The game begins when everyone is standing on the platform side of the room!



The leader will shout instructions:

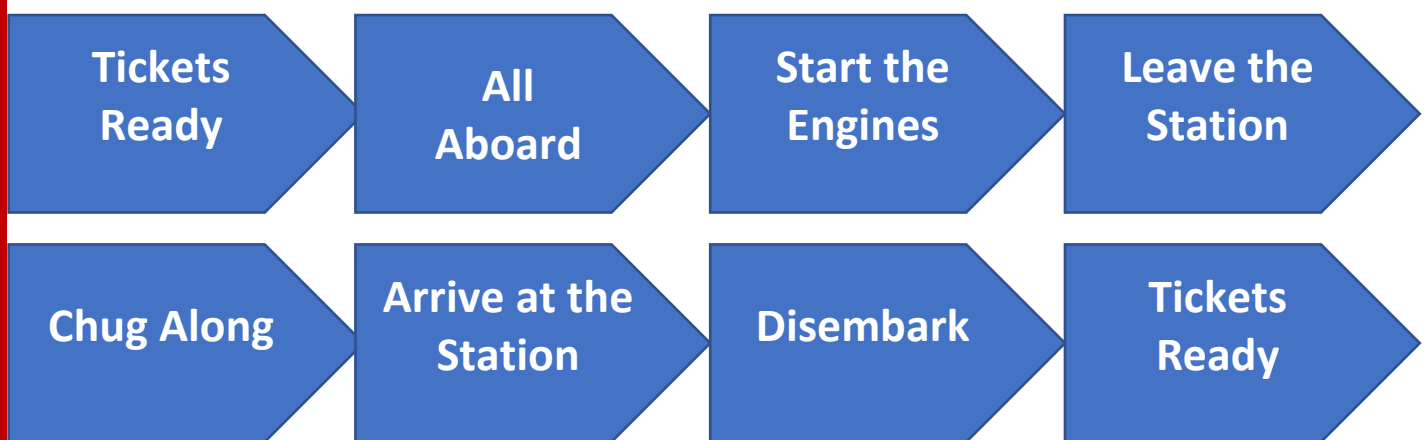
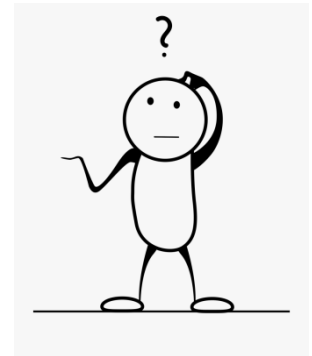
- 'All Aboard': Everyone must repeat out loud 'All Aboard' and move to the 'train' side of the room.
- 'Start the engines': Everyone makes the sound of a train engine, getting louder and louder.
- 'Leaving the Station': Everyone makes a whistling sound like the station master blowing his whistle.
- 'Chugging Along!': Everyone makes the sounds of the train chugging along.
- 'Arriving at the Station': Everyone makes the sounds of the train's breaks as it comes to a stop in the station.
- 'Disembark': Everyone must repeat out loud 'Disembark' and move to the 'platform' side of the room.

The leader might check everyone's tickets before they can leave the station!

'All Aboard' Follow Up!

Can you remember what happened in the "All Aboard" game?

Draw a picture or a cartoon strip describing what happened:



'All Aboard' Who? What? Where?

Next, let's think about the 'Who?', 'What?' and 'Where?' of the 'All Aboard' Game:

Who was in the game? The station master, the driver, the passengers. Can you think of anyone else?

What did they have? The station master has a whistle, the driver had a train, the passengers had their tickets. Can you think of anything else?

Where was the train? In the station, on the tracks, in another station? Can you think of the places the train went?

Let's Pretend:

What it is like to be a Train Inspector?

In this game you can pretend to be the Train Inspector.

To get ready:

What is the Train Inspectors job?

How do you know who she or he is?

What do they wear? What do they have with them?

(You could dress up like an inspector by putting on your school shirt and tie!
Later on in the pack we show you how to make an inspector's hat!)

In this game you will have to solve some problems that the Train Inspector might meet.

Train Inspector Problem No.1

You are standing at the barriers checking everybody's tickets when you see a lady jump over a barrier and get on the train. You are pretty sure she doesn't have a ticket!

What are you going to do next? Think of 3 things you will do:

1. _____
2. _____
3. _____



Train Inspector Problem No.2

Sarah and Michael's tickets have the wrong date and are for the wrong station. As the inspector it is your job to look at the passengers' tickets to make sure they have the right time, date and destination.

Pretend that you are the inspector and act out what you would do next.



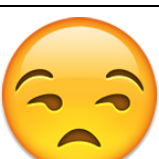


Oh no! Our tickets are for the wrong date and the wrong station!

Can I see your tickets please?



When you realise the tickets are wrong are you:

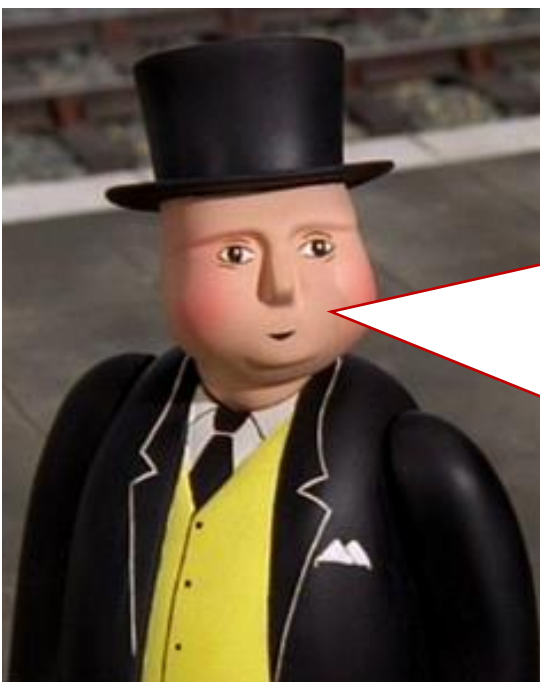
	Angry?	As the inspector, do you tell the driver stop the train and make the passengers get off?
	Nice?	As the inspector, do you tell the passengers not to worry and move on to the next people?
	Annoyed?	As the inspector, do you give out to the passengers and give them a warning for the next time?

Train Inspector Problem No.3

Pretend that you, as the inspector, have just seen some passengers throw their rubbish all over the train and they have their feet up on the seats.



You are feeling very cross. What do you do next?



A: Give the passengers a rubbish bag and make them clean up themselves.

B: Take the names of the passengers and report them to the railway company.

C: Give them a fine of €500 and make them get off the train at the next station.

Train Inspector Problem No.4

You just stopped at a station and the train is now moving again. Pretend that you, as the inspector, have just found a dog, who is whining and shaking in between two carriages. He did not get off the train with his family and he is stuck on the train. The next station is 15 minutes away.

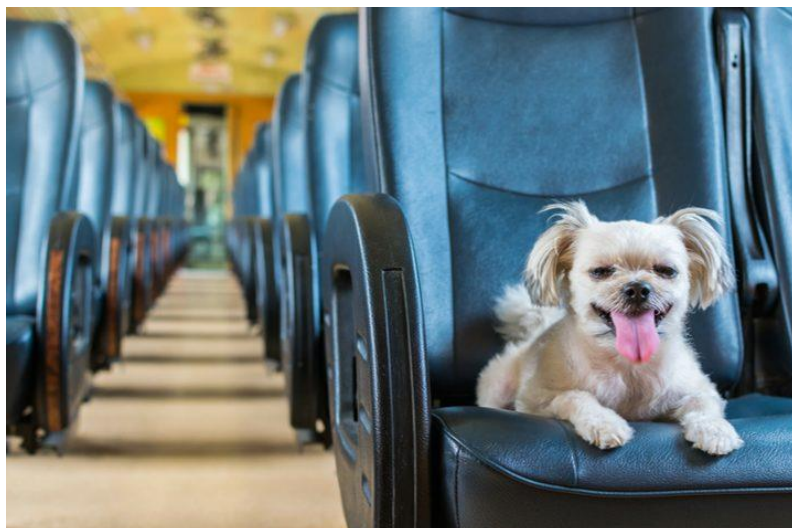
How will you help this dog?

Who will you call on the phone?

How will you help the dog get back to his family?




How can you cheer him up between now and the next station?

(Maybe the next activity will give you some ideas!)



Games on the Train

Whether you're pretending you are on the train while you go for a walk, or you are actually on the train someday, these are games you can play!

<h1>I Spy</h1>	<p>Using a letter or a sound give a hint as to what you can see on the train.</p> <p>'I spy with my little eye...'</p>										
<h1>Let's Count</h1> 	<p>Pick 3 things from the following list:</p> <div><div>1. Trees</div><div>2. Cows</div><div>3. Cars</div><div>4. Trucks</div><div>5. Houses</div></div> <div><div>6. Road works</div><div>7. Horses</div><div>8. Bales of Hay</div><div>9. Bridges</div><div>10. Gates</div></div> <p>And see how many you can count of each!</p>										
<h1>Xs and Os</h1>	<p>An old one, but a good one!</p> <p>All you need is a pen and some paper.</p>	<table><tr><td>O</td><td></td><td>X</td></tr><tr><td>X</td><td>X</td><td>O</td></tr><tr><td>O</td><td></td><td></td></tr></table>	O		X	X	X	O	O		
O		X									
X	X	O									
O											
<h1>Plan Your Journey</h1> 	<p>Using a map on your phone see can you check as you go along:</p> <p>Where did we stop last?</p> <p>Where will we stop next?</p> <p>Where did our journey start?</p> <p>Where will our journey end?</p> <p>You can use this game to make a plan for your next train journey.</p>										



'Off on the Train!' Quiz

Answers below! No peeking!

1. What do you call a train driver?

- a. Pilot b. Captain c. Officer d. Conductor

2. What sound does a train make?

- a. Beep Beep! b. Choo Choo! c. Nee Naw! d. Moo!

3. What do trains travel on?

- a. Tracks b. Road c. Grass d. Glass

4. How do new trains get their energy to move? (Bonus point: 2 right answers!)

- a. Steam b. Coal c. Electricity d. Diesel

5. Who do you call the person that checks tickets?

- a. Checker b. Inspector c. Ticket Lady d. Conductor

6. Name the part of the train where passengers sit

- a. Car b. Box c. Office d. Carriage

7. How many wheels would be on a train with 4 carriages if every carriage has 2 wheels?

- a. 6 b. 9 c. 8 d. 2

8. What do you need to get on the train?

- a. Ticket b. Sunglasses c. Ice Cream d. Jumper

9. Which is the odd one out?

- a. Wheels b. Carriage c. Engine d. Chocolate

10. Where does the train stop?

- a. Hotel b. Station c. Playground d. School

'Off on the Train!' Quiz Answer Sheet

Question 1: (d)- Conductor

Question 2: (c)- Choo Choo

Question 3: (a)- Tracks

Question 4: (c)- Electricity/Diesel

Question 5: (b)- Inspector

Question 6: (d)- Carriage

Question 7: (c)- 8

Question 8: (a)- Ticket

Question 9: (d)- Chocolate

Question 10: (b)- Station



Tie Breaker:

There were 6 people on the train.

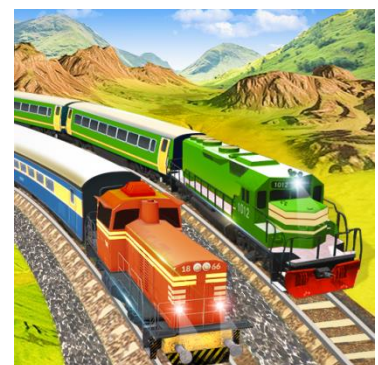
2 got on at the first station.

4 got off at the second station.

7 got on at the third station.

Then the train arrived at its destination.

How many people got off at the last stop?



Answer = 11

'Off on the Train!' Story

Fill in the Blanks

Let's tell a story by filling in the blanks below. You can put as many words as you want can be put in the blank spaces. Then finish the story all by yourself!

Sarah and Luke woke up bright and early because their train was leaving at _____(pick a time). They were travelling to _____(pick a place) for a _____(what's the occasion?) and they were so excited. Each of them brought a bag they had packed the night before. In their bags they brought _____. They had never been on a train before and when it took off, they heard lots of different noises. The noises they heard were _____. Sarah and Luke played _____ to pass the time. They also spent some time looking out the window at _____. After a while the food trolley came down the aisle. Luke and Sarah were starving so they bought _____ and _____. Suddenly, there was a loud _____ sound and the train slowly came to a stop in the middle of the track.

What happened next?



'Off on the Train!' Make and Do

Make a hat that you can wear when you pretend to work on a train. Wear this hat to pretend to be the Driver or the Inspector, or the Trolley Driver, bringing cups of tea and snacks to everyone!

To do this you will need a blank piece of paper. On this sheet draw a big circle, a big rectangle and a half moon shape like these. Fill up the page with this shapes (they look small here!) These parts are called the crown, band and brim. The circle or crown must be bigger than your head! The rectangle or band must go around your hear!



Crown /
Circle



Brim /
Half Moon



Band /
Rectangle

Cut out the pieces. Colour them in however you like. Think about who you want to be when you wear the hat!

Stick them together using glue or Sellotape. Shape the crown or circle to your head. The band gets wrapped around the crown. Last, the brim should stick to the bottom of the band. Get an adult to help you with this.



Have fun making your hat.

Who will you be when you wear it? The Driver, the Inspector or the Trolley Driver?

You can even try making little ones for your teddies and toys.

How to Draw a Train

First... Steps 1 and 2

Let's start with the train carriages. Draw some rectangles to outline the shape of the carriages.

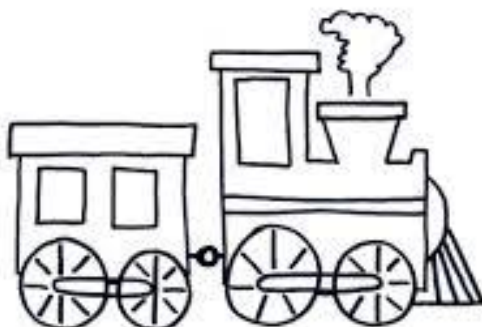
Add circles to the bottom of the shapes. These will be the wheels.

Next... Steps 3, 4 and 5

Add windows to the carriages by drawing squares.

Add details to the front/bumper of the train, using shapes like triangles and rectangles.

Draw thin rectangles on top of the carriages. This will be the train's roof.



Last, Steps 6, 7 and 8

Draw a chimney (rectangle) and two semicircles on the roof of the front of the train.

Connect/ stick the train carriages together by drawing a small line between them

Design and colour the train whatever way you like!

Word Explosions

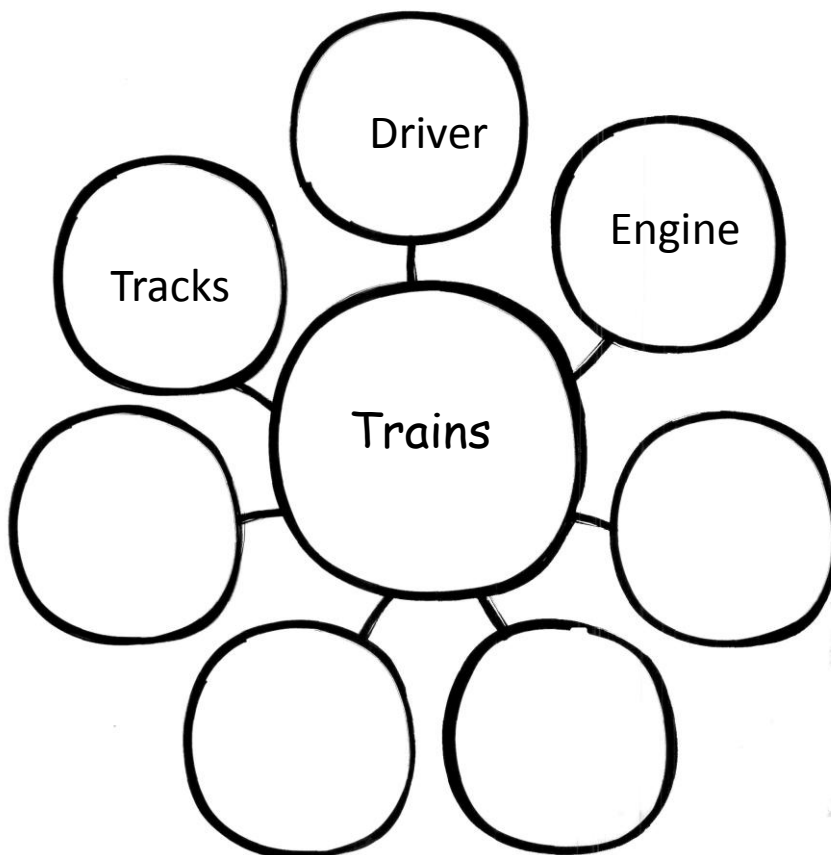
Think of all the words in the train group!

It can be anything at all ... from train driver to train tracks.

Draw a word web and put 'Trains' in the middle: see how many words you can come up with!

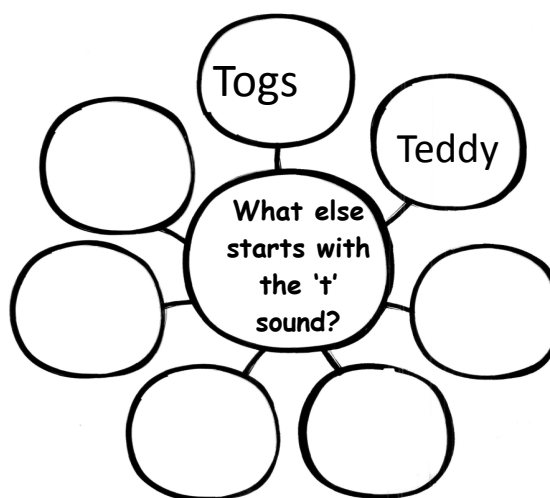
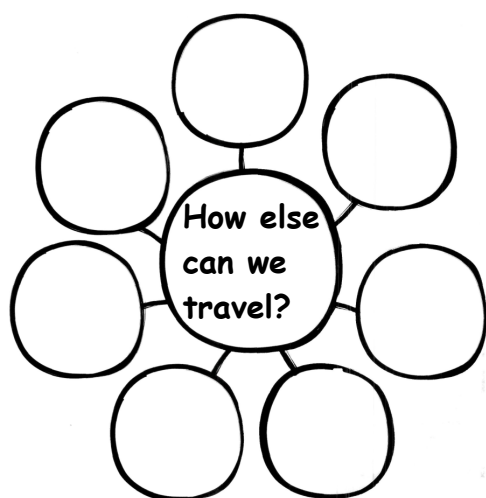
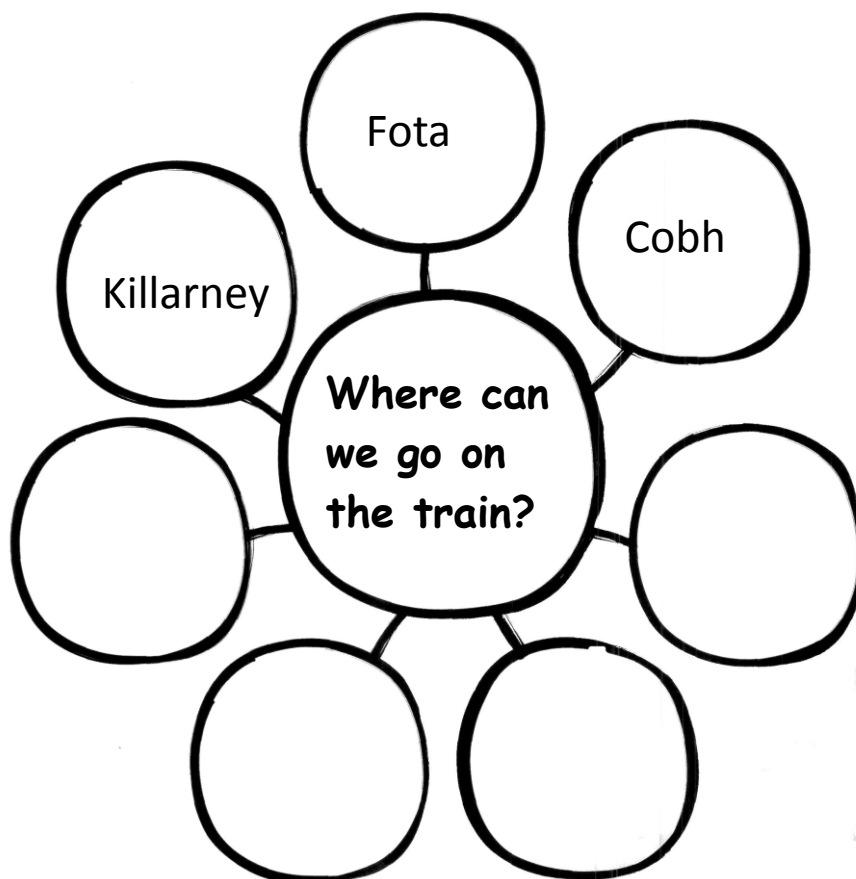
Get the whole family involved and make your word web as big as possible!

When you have thought of all the words you know about trains, look up some new words in books or ask other people in your family!



Word Explosions

Try some more word explosions:



Learning New Words

What new words have you learned about trains?

Write down three new words

What does each word mean?

Put each word into a sentence

How many syllables (parts) does these word have? Clap out each part.

Follow the Train Action Game

We want to make the train as long as we can!

Start by one person saying 1 action.

For example, "Jump 2 times"

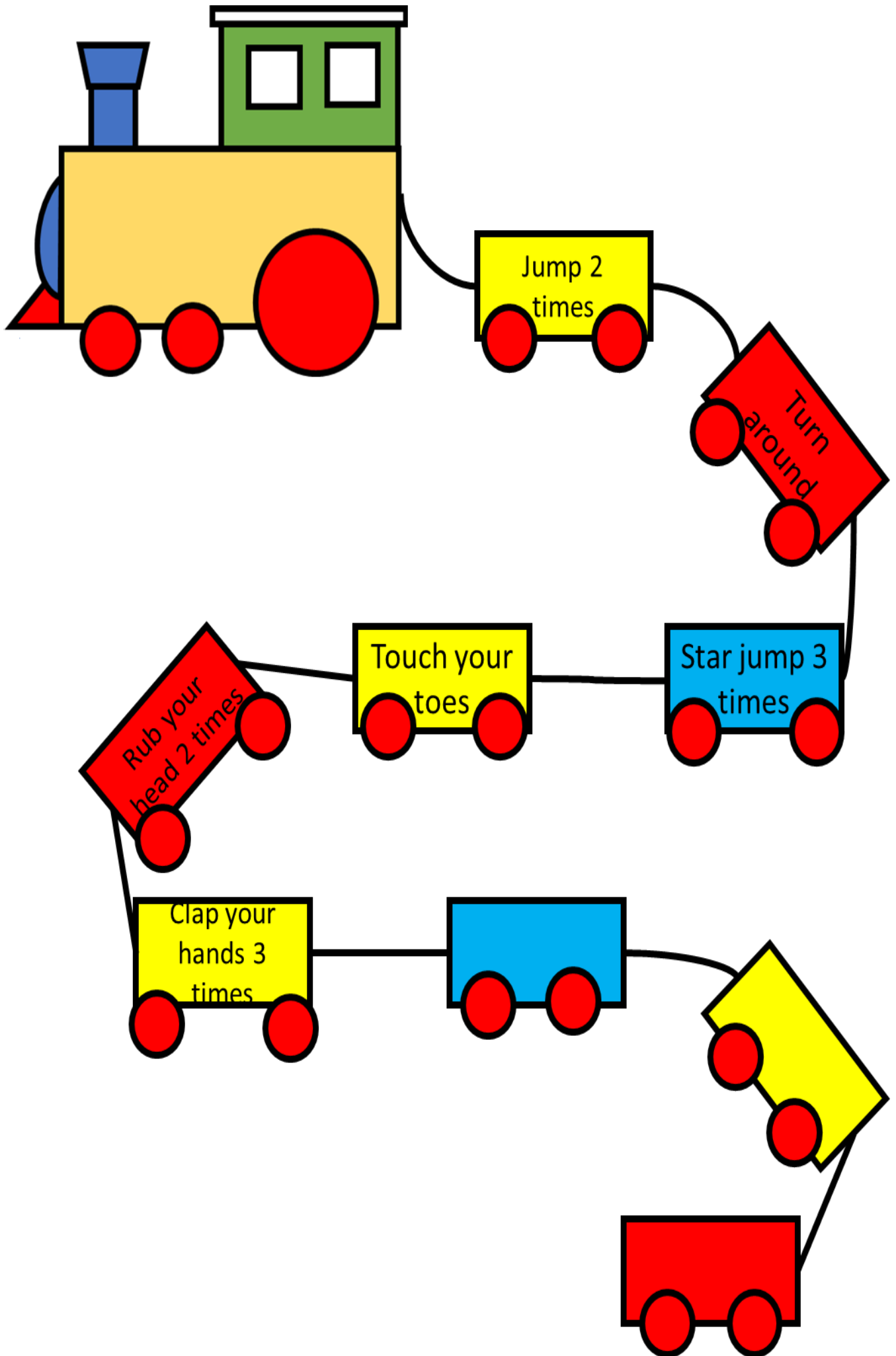
They must do the action to show the others.

The next person must say the first action and add their own.

For example, "Jump 2 times AND turn around".

The next player adds another action and so on.

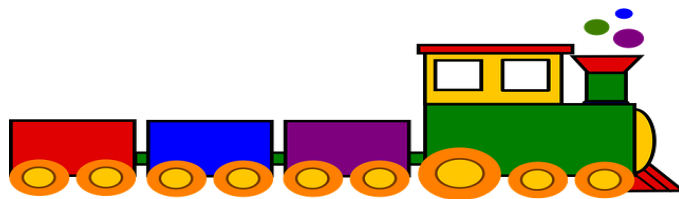
Use some of the examples on the next page and add your own!



Time to Draw

You're on board the magic train!

This train can take you anywhere in the world you want .



Where would you like to go?

Draw a picture of this place in the space or on a sheet of paper.



Action Time

Mike the monkey needs our help! Mike is lost and needs to get back to Fota in Cobh. Can you help him buy his ticket to get the train to Fota?



From: Cork	From: Cork	From: Cork	From: Cork
To: Cobh	To: Dublin	To: Fota	To: Limerick
Leaving at 2pm	Leaving at 2:30pm	Leaving at 3pm	Leaving at 4pm
Platform 2	Platform 3	Platform 4	Platform 1

Train Timetable

Who is the ticket for?

Where is Mike the Monkey going?

When is the train leaving?

What platform does he need to go to?

Help Mike by filling out this train ticket:

0948248	Who:	When:	0948248
	Where:	What platform:	

What Can You See?



Another train has just left the station! Look closely at this picture and see if you can answer the questions!

Who is driving the train?

Where do you think they are going?

What is shining in the sky?

Name each animal on the train.

More Make and Do Ideas!

<u>First!</u>	<u>Next!</u>
	
	
<u>First!</u>	
	
<u>Next!</u>	
	

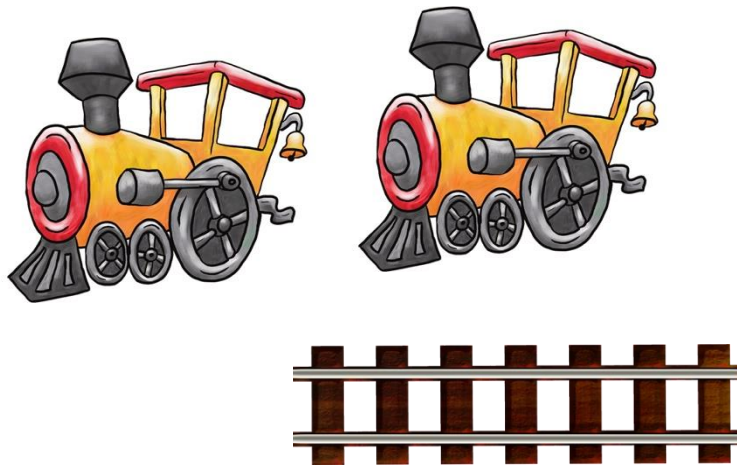
Spot the Difference

For this game we are going to think about how things are different and how they are the same. Look at the pairs of pictures and try to work out things that are different.

Platform Numbers



Trains



Inspectors



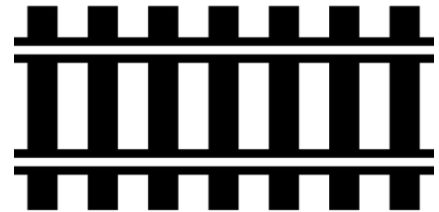
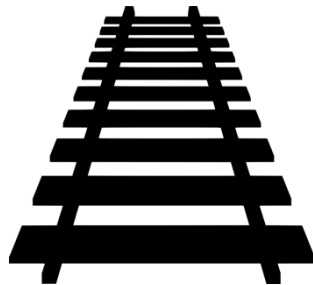
Tickets



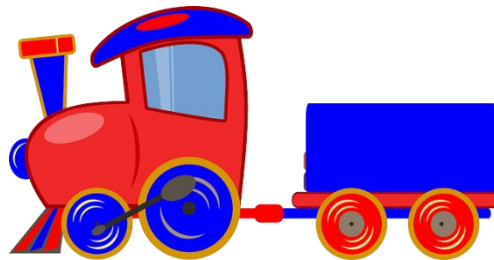
Warning Signs



Train Tracks



Old Trains



Wheels



Now go back and play again, and this time can you see
and work out what is the same?

Train Shaped Biscuits

When doing this activity with kids, you could focus on...

Counting: How many eggs, cups etc.

Doing words: Adding, mixing, stirring, folding, etc.

Describing words: Chewy, Crunchy, Golden brown, soft etc.

Naming words: Ingredients, butter, sugar etc.

Ingredients

Biscuits

- 250g butter, softened
- 140g caster sugar
- 1 egg yolk
- 2 teaspoons vanilla extract
- 300g plain flour



Icing

- 1 cup icing sugar
- 2-3 tablespoons water
- 1 teaspoon vanilla extract
- Food colouring of your choice

This recipe was found on "All Recipes"-

<http://allrecipes.co.uk/recipe/22477/plain-biscuits.aspx>

Instructions

1. Preheat oven to 180 C / Gas 4.
2. Mix butter and sugar in a bowl with a wooden spoon.
3. Then add egg yolk and vanilla and then beat to until there are no lumps.
4. Sift flour and mix until smooth.
5. Roll out on a board covered in flour.
6. Use a rectangular cookie cutter or mould the dough into the shape of a rectangle for the body of the train. Then make 2 smaller rectangles, for the chimney and one for the engine. Afterwards, cut 2 small circles for the wheels.
7. Place on a baking tray lined with baking paper and cook for 12 minutes.
8. While the cookies are cooking, mix the icing ingredients together and choose whatever colours you like.
9. Allow the cookies to cool for 30 minutes spread icing on top.

Happy Baking!



Odd One Out

Pick the odd one out. This is the thing that doesn't make sense in the sentence or sounds a little silly!

1. To get on the train I need my ticket, my monkey and my bag.



Odd one out: _____

2. A train has an engine, wheels, a tail and windows.

Odd one out: _____

3. The people who work on the train are the farmer, the ticket collector and the train driver.

Odd one out: _____

4. The train driver (conductor) wears a hat, cowboy boots, a suit and a whistle.

Odd one out: _____

5. In the train station you can see passengers, chickens, a ticket stand, the train tracks and a shop.

Odd one out: _____

A Trip on the Train

You're getting the train to Dublin Zoo. It's a hot, sunny day and you need to pack your bag. Circle the things that you need to pack and put an X through what you don't need. Once you've decided what you are bringing draw your packed suitcase with all your things inside!



Ticket

Telly

Sunglasses

Binoculars

Fridge

Pet

Sandwich

Money

Hat

Violin

Schoolbooks

Pillow

Camera

Raincoat

Jumper

Sun cream

Water

Lamp

Train Jokes!

Which jokes will you choo choo chose to tell your friends?

Q: Why were the railroad tracks angry?

A: Because people are always crossing them.

Q: Why was that train engine humming?

A: It didn't know the words.

Q: What do you call a train loaded with bubble gum?

A: A chew-chew train

Q: What do you call a train that sneezes?

A: Achoo-achoo train.

Q: Why was the train late?

A: It kept getting sidetracked.

