

# Trains

## What should be included:

- Book – Trains
- Bluey Bus
- Bluey Family Figures (Dad, Mom, Bluey & Bingo)
- Express Your Feelings Cards
- Bluey Scavenger Hunt Game

## Book and Activity:

### Read – Trains:

The book, Trains, finds Bingo and Bluey riding the “Dad Train”. Bingo rides the train every day to and from work without a problem, but when Bluey begins to ride the train, suddenly the whole schedule is off.

This story shows how your actions, or the actions of others, can have consequences on everyone involved.

**\*Using some examples of how Bluey’s actions affected everyone riding the train, talk about how the actions of one or more of our friends in a class/school can affect everyone else, such as:**

- Friends not doing what they are asked, when they are asked
- Friends not physically acting correctly (hitting/kicking, etc.)
- Friends not treating other students correctly (not including someone, saying things that hurt, etc.)
- Friends not treating equipment/environment correctly

**The above can result in someone in the class getting hurt, destroying classroom/playground property, not being allowed to do something, etc. These types of actions can result in changes or eliminations of activities, or removing of certain items for the children to use. This can be very upsetting to the child who performed the action causing these changes, but also for the students who also receive the consequences that come from the action. It will be helpful for your child to be aware of this whether he/she could be the one causing the**

**issues or someone who just receives the consequences of someone else's actions.**

**Activity:**

Using the bus and the Bluey Family figures, try acting out some of the things Bluey did on the train that effected more people than just herself. Then using the figures, try role playing other possible things that your child may encounter so that you can talk about, such as:

- Why our friends might do these things
- What could help our friends
- What can your child do

**Social Emotional Activity:**

Using the “Express Your Feelings Cards”, you can help your child begin to name, recognize and talk about feelings. Below are some suggested ways to explore some feelings through fun card games:

\*There are 5 categories of feelings (they are each a different color) and 4 cards (2 of each feeling) in each category, so you have the following:

- **Happy (pinkish color)** - Happy & Excited
- **Loved (purple color)** – Loved & Peaceful
- **Scared (green color)** – Scared & Nervous
- **Angry (orange color)** – Angry & Frustrated
- **Sad (blueish color)** – Sad & Lonely

\*There are also a set of “Recognize and React Cards” that provide you with different scenarios.

**Feelings Match Game**

- To play this game lay out one of each of the matching pairs of the feelings cards face up in front of your child, and then give the remaining feelings cards to your child (1 card will be laid out face up, and the match will be given to your child)
- Have your child place his/her cards in a pile face down in front of him/her

- Next, your child will pick up one card at a time from his/her pile and lay it on top of its match
- As your child finds a match for each feeling card, name what feeling is shown
- Continue until all cards have been matched
- Then, show each scenario card to your child after talking about what is happening in the picture. Help him/her name what feeling or feelings one could have in that scenario
- Next, ask your child to look at the picture and tell what feelings it makes him/her feel

### **Bluey Fun:**

#### **Bluey Scavenger Hunt**

This game is a great way to introduce “TEAM WORK” to your child. Everyone playing is working together to collect 12 toys before bedtime 😊

\*The instructions are included in the bag with the game pieces