Title: The Magic Train
Age: MightyBugs

Early Learning Goals:
- **PSED**: respond to significant experiences, showing a range of feelings when appropriate.
- **CLL**: to enjoy listening to spoken language, and readily turn to it, in their learning.
- **PD**: move with confidence, imagination and in safety.

Physical Benefits:
- Butterfly releases stiffness in the hips.
- Crab develops stamina.
- Bridge builds upper body strength.
- Tree helps balance.
- Volcano breathing helps increase lung capacity and feeling of calm.

Additional Resources:
The Magic Train Ride by Sally Crabtree and Sonia Esplugus.
Other props (optional): Train song, whistle, coloured pieces of paper (Tickets), some brio train track and engines.

*The story does not include all the pages of the book. You can copy the specific pages so you have something visual to show them. These are marked in the text below.*

Parent pointers:
Parents should join in throughout the class as children will copy them. When we do nursery rhymes or songs, parents should sign a long too.

Introduction: 5mins
Tick children off the register as they enter. Settle the class down and ask them to sit in a circle with legs stretched out and child sat in between their legs.

Welcome: 4 mins
Introduce yourself and your puppet and sing the welcome song.

Welcome, welcome everyone
Now you’re here, let’s have some fun.
First let’s **clap our hands** like so
Now’s let’s **bend and touch our toes**.
Welcome, welcome everyone,
Now you’re here let’s have some fun!

Well done everyone, shall we do that again?
Class Plan

Warm up: 5mins

I want you to put your hands up if you have been on a train?
Where did you go on the train? Did you go shopping or may be you visited your grandma and grandpa?

Well today's story is all about a magic train ride and you get a magic ticket which takes you to all sorts of exciting places. Our train is going to take us to the Jungle and Under the sea, to the Moon, a magic wood and to Fairy land.
Now, can anyone tell me what the weather was like yesterday?
Oh no, it's raining!

(Rainstorm) Now I can feel the rain really softly on my head, then it gets a bit harder down my arms and then even harder on my tummy then really, really hard in my legs. Gosh we are getting really really wet. Then it starts to thunder so we stand up and **(clap)** and make big claps with our hands. Then slowly starts to get slower and lighter until it almost stops.
Now we don’t want any rain on our adventure so we need to do the magic **blowing away breath** which blows away anything we don’t like!

Now, if we are going to go on a magic train ride I need to give you some tickets don’t.

Adventure: 28 mins

Now we have five special passengers on the Magic Train today **Tiger**, Octopus, Alien, Elf and The Fairy. Now they all live in different places so we need to make sure they get home safely.
Now can anyone see the **Tiger**? We are going to take the **Tiger** back to the jungle. It is a sunny day so we need to say hello to the sun. **(Sun salutation x 2)**
All Aboard!! **(Whistle)!!**

**TRAIN RIDE MUSIC 1** (or just train noises and train actions)
*(Use the Book) – JUNGLE (picture page)*
We arrive at the Jungle station and see all the animals. Now the **tiger** is really fierce and he is like a **lion** isn’t he. Can anyone remember what the **lions** and **tigers** do? **(lion/tiger action)**

What other friends has the **tiger** got in the jungle? *(use the book)* Can you see a **crocodile**? Now the green **crocodile** is laying in the water isn’t he? He looks hungry!
**crocodile.**
All Aboard!! **(Whistle)**

**WHISTLE BLOWS & TRAIN RIDE MUSIC 2**
The train goes over a really high **bridge** (Use the book) – **BRIDGE** (Picture page).

**NB: If you have Brio train you can run it over their tummies as they do their bridge posture. They love this!**

Can you see the Octopus? (Refer to the picture of the train and all the passengers). Well we are going to drop him off at the station at the bottom of the ocean. Now all the children want to go swimming so we all **Dive** off the train **Dive** and **Swim** down to the bottom of the sea.

(Use the book) - **THE SEA** (picture page) We see one of Octopus’s favourite friends - Cranky the **crab**. Cranky just spends all his time just walking along on the sand at the bottom of the sea (Sideways Walk). He never knows which way to go – this way and that way! And he is always bumping into Mizzy The **mermaid**.

Now we have got to swim back to the surface of the sea to get back on the train. **(Volcano)**

All Aboard!! (Whistle)!!

**Whistle Blow and Train Ride 3**

(Use the book) - **MOON** (picture page)

We have arrived on the moon and we drop Alien off. We get out and do a **moon walk**. We are just in time to see a Space Rocket take off. Can anyone remember how we blast off in our space rockets...? **Blast off**.

We need to get back on the train again though because it is leaving the station to go to the Magic Wood.

All Aboard!! (Whistle)!!

**Whistle Blow and Train Ride 3**

(Use the book) - **MAGIC WOOD** (picture page)

We have arrived in the Magic Wood and we drop off the little Wood Elf. There are lots of beautiful green **trees** so we decide to climb one just like that little boy. (cross climbing) and there are lots of beautiful **butterflies** fluttering about the wood.

Now I don’t know about you but with all this travelling I am getting really tired so I think we need to get back on the train and find some magic beds!

All Aboard!! (Whistle)!!

**Whistle Blow and Train Ride 4**

(Use the book)- **FAIRY LAND** (Picture page)

Wow, the train has bought us to Fairy Land. The Fairy gets off the train to see all her friends. Now she has a wonderful pink wand which she waves over all of us and suddenly our very own beds appear! With lots of big cushions and a lovely warm duvet. We have been on so many train journeys today. We are really tired.

**Relaxation and Visualisation:**

(Use the book)- **FAIRY LAND** (Picture page)

(Play Relax Kids ,Shining Stars, Track 17)
Lie down on your lovely soft bed and close your eyes. I am going to play you a lovely song all about fairies and how they come and visit you when you are asleep. But you have to lie really still for the fairies to come and visit! So I want you to try really hard not to move any part of your body. Be really still and try and think about what your favourite fairy might look like. It might be a boy fairy or a girl fairy. Would they have beautiful wings and what would their name be? Fairies are really kind and they look after you when you are asleep so you can feel really safe as you lie in your lovely warm bed.