

Transportation Activities for Wednesday

On the Move

Choo-Choo Train Tracks

Chugga-Chugga Choo-Choo around the tracks!

Materials:

- A clear area
- Masking Tape or Painters Tape

Instructions:

1. Tape a train track pattern to the floor of a cleared area
2. Instruct your child to follow the tracks and don't forget to use the chugga chugga sound and move their arms back and forth at their sides like they are the wheels turning on the train! Then sound the whistle by pulling down their arm and making the Choo-Choo sound.
3. You can add a tunnel for their train to go through by cutting the ends off of a large box, or putting a blanket over two chairs back-to-back on either side of the track and having them crawl through.

Adventures Online

Zumba Time

During this pandemic we have to keep our little ones' minds and bodies active. Take a quick Zumba break!

<https://www.youtube.com/watch?v=ymigWt5TOV8>

Sensory Time

Make A Trainwich

Choo Choo! It's a Sandwich train coming down the tracks to fill you up.

Materials:

- Bread
- Sandwich filling of your choice
- knife
- Banana

Instructions:

1. Make a sandwich of your choice
2. Cut into four squares
3. Line the squares up one behind the other, like the cars on a train
4. Slice the banana into slices, then cut the slices in half to make half-circle pieces
5. Place one half slice under each square to make wheels, and a half-slice between each of the sandwich "cars" as connector.
6. Enjoy eating your Trainwich!

Story Time

We All Go Traveling By

Come along as we travel with different types of transportation!

Read Aloud and Song:

<https://www.youtube.com/watch?v=cSw50Jw0H34&t=61s>

Arts and Creativity

Train Pretend Play

Your child can pretend to ride a train with household materials!

Materials:

- Chairs
- Imagination!

Instructions:

1. Place 2-3 chairs into a line, one behind the other, facing the same way.
2. Sit in a chair and have your child sit in another one.
3. Tell your child that we are riding on a train. Where should we go?
4. Encourage them to make trains sounds with you, add a conductor's hat if you have one!