

## Train Ride: Pretending and Lining Up

### Instructions:

1. Let your child explore ways he can move the chairs or crates. Follow your child's lead. Encourage him to express his ideas.
2. After he has played for a while, suggest lining up the chairs one behind another.
3. Sit down in a chair and pretend to drive. Ask your child if he thinks it is a car or a bus or a train.
4. If you like, add a paper plate as the steering wheel.
5. Talk about what you are doing (this is called self-talk). "I am driving the train. Where are we going?" "Oh, we're on the zoo train. I see a lion."
6. Reverse roles. Let your child be the engineer and you be the passenger.
7. While you play, be careful not to take over. You want your child's imagination to lead the play. Your role is to add some ideas and observe how they influence your child's play.
8. Continue to play if he is interested.

**How to extend activity:** Book sharing: You can share many adventures with a story: Going on a trip. Visiting the zoo. Riding in a plane, bus, or train.

### Materials:

- Items your child can sit on and move, like child-sized chairs or crates
- Paper Plates
- Toddler book, perhaps about trips or adventures



### What they learn:

**Motor:** Moving around chairs exercises your child's large muscles.

**Social-emotional:** When your child is the leader in play, it enhances his emotional development and builds his feelings of self-esteem, self-confidence and self-worth. Your child enjoys remembering and reenacting past experiences or stories you have read to him.