

# Grey Roots @ home

## Choo-Choose to have some train fun with us

In this exciting flight of activities preschoolers and adults can have some fun without going *off the rails*. All activities are minds-on with a focus on those fun locomotives that move us still today.

For this age-group there is no specific curriculum addressed, these programs are great for all learners, just adjust the activities to suit and have fun!

### Activity Two: Red Light, Green Light

#### *What you need:*

At least two players (Engineer + Train), more if you have them

Signal Lights (red + green), print and colour 'Train Signal' colouring sheet or print pictures or get one red sock + one green sock, whatever would work that can signal stop and go!

Playing area – indoors, outdoors, hallway, field, driveway

Optional, chalk or tape to mark tracks to extend play

#### *Instructions:*

Instructions have been adapted from those at:

<https://icebreakerideas.com/red-light-green-light-game/>

The Train (or Trains) line up, side-by-side at one end of the chosen playing area looking at the Engineer who is standing looking at the Trains.

The Engineer will talk to the Trains by showing a signal. A Green signal gives the train the go-ahead to move toward the Engineer. Trains should walk, walk quickly, or run, depending the chosen playing area.

When Engineer shows a Red signal the trains must stop within a couple seconds or be sent back to the beginning (station/train yard).

The Engineer continues to show signals until a train arrives. Play can go on with a switch between Train and Engineer or the Train can restart.

Again, train noises are strongly encouraged. Happy chugging and choo-choo-ing!

#### **More resources**

For more adaptations visit: <https://icebreakerideas.com/red-light-green-light-game/>

