



## Week Six; Tunnels, Subways, Night Trains

October 31, 2013, 10:30-11 a.m.

### Coping with Preschool Anxiety & Fears

The most common preschool fears involve anxiety about:

- The dark
- Noises at night
- Masks
- Monsters and ghosts
- Animals such as dogs

### How to help your preschooler cope

- Break the challenge into small steps
- Observe a sleeping dog
- Get plenty of sleep, exercise, and a healthy diet.
- Learn to notice tight muscles and tense breathing and relax them.
- Create a calm environment, and adults who model positive coping behaviors.
- Positive "self-talk". (Like the little engine that could)

### Subways and Tunnels

Brimner, Larry Dane. *Subway*. J388.4 BRI

De Roo, Elena. *The rain*. P DE ROO

Halloween in Anapha. EJ THOMAS

Macken, JoAnn. *Digging tunnels*. P MACKEN

Miller, Heather. *Subway*. P MILLER

Sandler, Martin W. *Secret subway : the fascinating tale of an amazing feat of engineering*. J388.4 SAN

Torres, Leyla. *Subway sparrow*. P TORRES

Quattlebaum, Mary. *Underground*. P QUATTLEBAUM

Zullo, Germano. *Line 135*. P ZULLO

### Rhymes and Songs

Open them, shut them, give a little clap!

Open them, shut them, lay them in your lap.

Creep them, creep them, creep them,  
right up to your chin.

Open up your little mouth,  
but don't let them in!

(repeat 1<sup>st</sup> two lines)

### Light at the End of the Tunnel

Chorus:

There's a light at the end of the tunnel

There's a light at the end of the tunnel

The inside might be as black as the night

But there's a light at the end of the tunnel

There's a light at the end of the tunnel

The inside might be as black as the night

But at the end of the tunnel there's a light.

(Bridge)

It's the power of James Watt, the steaming Scot

The man who watched the pot

and said "Hey, I've got A brilliant plot:

when the steam is hot  
It seems to make a lot of power"  
It could turn a wheel ...  
Lots of power ...  
It could drive it down a track ...  
Clickety clack, clinkety clack...  
It could drive it with a beat ...  
Choo-choo-choo... With enough left over for a Whoop-whoop!  
(from *Starlight Express*)

### Charlie and the M.T.A.

Let me tell you the story  
Of a man named Charlie  
On a tragic and fateful day  
He put ten cents in his pocket,  
Kissed his wife and family  
Went to ride on the MTA

*Chorus:*

Did he ever return,  
No he never returned  
And his fate is still unlearn'd  
He may ride forever  
'neath the streets of Boston  
He's the man who never returned.

Charlie handed in his dime  
At the Kendall Square Station  
And he changed for Jamaica Plain  
When he got there the conductor told him,  
"One more nickel."

Charlie could not get off that train.  
(*Chorus*)

Now all night long  
Charlie rides through the tunnels  
Crying, "What will become of me?  
How can I afford to see  
My sister in Chelsea  
Or my cousin in Roxbury?"  
(*Chorus*)

### Closing

My hands say "thank you" with a clap, clap, clap

My toes say "thank you" with a tap, tap, tap

Clap, clap, clap, tap, tap, tap

Rrrrrroll your hands and wave "good-bye"!

### Take-home Tips

- Play flashlight games; flashlight tag, "I Spy", shadow puppets, hand shadows make the dark a fun place
- Make funny faces or read silly stories with noises
- Let them play with a handheld mask
- Make a monster mix and match flip book. Take pictures of monsters (from magazines and catalogs or drawn by you or your child) and cut them into equal thirds. Monsters you control are much less scary!

