



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 Anopha. 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 1st 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!

