WARM-UP (5-10 min.)
**Cat/Cow:** Trains are good for the environment because more people travel to places together instead of separately in cars. Make a train sound as you travel and flow from Cat to Cow. In Cow, say “chugga chugga.” In Cat, say “choo choo.” Invite the children to imagine the train is passing by trees, houses, people and cars. Ask the children to share what else they might see as the train travels down the tracks.

**Boat, Creative Movement:** There are many different types of boats, like sailboats, rowboats, motor boats and ferry boats; all which take us places. In Boat, interlace the fingers and do a Creative Movement; rowing from side to side with imaginary oars. Sing the song *Row, Row, Row Your Boat* as you paddle down the stream.

WARM-UP CONT. (5-10 min.)
**Butterfly, Creative Movement:** Trucks help move things, like furniture, toys, and books, from one place to another. Play the song *Butterfly Driving a Truck* by Caspar Babypants. In Butterfly, do a Creative Movement to flutter all 4 wings,