Train Fingerplay

This is a choo-choo train \((Bend \text{ elbows})\) 
Puffing down the track \((Move \text{ arms forward})\) 
Now it’s going forward \((Push \text{ arms forward})\) 
Now it’s going back \((Push \text{ arms back})\) 
Now the bell is ringing \((Pretend \text{ to ring bell})\) 
Now the whistle blows \((Hold \text{ fist near mouth and pretend \text{ to blow}})\) 
What a lot of noise it makes 
Everywhere it goes. \((Cover \text{ ears with hands})\)