

Message Train

Conductor: "All aboard everybody! Message train is leaving the station!"

Child: "We better hurry to catch the train."

It's got no wheels and it's got no track. You can't hear it goin' clickety-clack.

Sit down straight in a line. Now we're gonna have a real good time!

Message Train's ready to roll.

Take your hands on your partner's spine, that's gonna make em feel real fine.

To the sides, and up and down. Don't forget to massage all around.

Message Train's ready to roll.

Say "Choo-choo!" (Repeat)

Message Train's ready to roll.

Karate chops feel real good, but do them gently if you would.

Say "Ommm" (3x)

Scratch and tickle to add some fun, but don't stop now 'cause you're not done!

Message Train's ready to roll.

Now flip around to the other side, 'cause we're goin' on another ride.

You got me, I'll get you. It's the right thing to do.

Message Train's ready to roll.

Say "Choo-choo!" (2x)

Message Train's ready to roll.

Take your hands on your partner's spine, that's gonna make em feel real fine.

To the sides, and up and down. Don't forget to massage all around.

Message Train's ready to roll.

Karate chops feel real good, but do them gently if you would.

Say "Ommm" (3x)

Scratch and tickle to add some fun, but don't stop now 'cause you're not done!

Message Train's ready to roll.

Say "Choo-choo!" (2x)

Message Train's ready to roll.

Next stop: Relax station!