

TRAINCARE SAFETY & WELLBEING ADVENTURES

SUPERHEROES OF SAFETY & WELLBEING!





Meet Superheroes Jess & Mia!

At work, Jess transforms into a Trackstar Superhero with her sparkling navy cape and magical spanner.

Before Jess leaves for work at night she reads a calming story to Mia, her brave little sidekick.

“Tonight,” Trackstar Superhero Jess says, “let us imagine a secret garden. where calm and courage grow.”

Mia’s eyes shine with wonder.



A secret and superpowered garden where the superpowers everyone gets are the same as Mummy gets at work.

Mia closes her eyes and pictures the garden glowing.

She breathes deeply, feeling her own superhero heart and powers grow calm and strong.

Breathe in... Hold it in and count to four... Now Breathe out...



Spreading Her New Superpower

Mia shares her calm breathing superpower with friends, including Joel, the apprentice engineer from her Mums work.

Joel listens carefully in his bright orange helmet and vest, ready to go to work and become a Trackstar Superhero too!



Superpower Breathing Steps Together, they practise:

- 1. Breathe in slowly
through your nose.**
- 2. Hold your breath like a
hero.**
- 3. Blow out with power
through your mouth.**

Mia says to her friends.

***“Did you know this
superpower can really help
when you feel worried,
nervous or tired.”***

**Let us try it now and see if
we can do it!!**



Super Team Breathing

**Parents and grown-ups, like
Jess and Sam, join in
breathing practice, sharing
calm power with their little
heroes.**

**Together, Jess & Mia's
superhero hearts beat strong
and steady.**

**A strong heart is good for
everyone not just us
superheroes Mia said!**

**Mia is correct our hearts are
especially important things
and help us stay safe and well
every day, so we must make
sure we look after them!**



Ready for Action!

As the sun rises, Jess dons her bright orange hi-vis vest the mark of a real Trackstar Superhero!

Sam, her trusted friend, straps on his orange helmet and gloves.

Together, they prepare for a day full of heroic safety missions.

You can be a safety superhero too by wearing a safety helmet when you ride your bike!

FEELINGS SUPER TOOLBOX



Feelings Super Toolbox

**Every hero needs to check
their feelings!**

**Happy? Sad? Brave?
Scared? Excited? Worried
about Mummy or Daddy
when they go to work?**

**If you are scared or worried
always tell Mummy, Daddy,
Nanny, or Grandad and if it
happens at school tell your
teacher.**

**Talking to an adult about
your feelings especially if
you are worried or sad
keeps your superhero
powers sharp!**⁸



Meet Zak, Our Young Safety Scout!

Sam's son Zak wears his orange safety vest and hat proudly as he trains to be a fantastic TrainCare hero.

Learning safety is his superhero mission every day!

Being safe is a great superpower for everyone to have!

If Mummy and Daddy know you are safe, they will be happy the same as you are when you know Mummy and Daddy are safe at work.



Gear Up Like a Hero! **To keep safe, heroes wear:**

- **Helmets to guard their heads.**
- **Gloves for strong, safe hands**
- **High-vis vests so they can be seen.**
- **Elbow and knee pads to keep them safe if you fall.**

**Put on your superhero gear
and get ready to have fun!**



Spot the Danger, Save the Day!

One day, Trackstar Superhero Jess spots loose stones on the platform.

She tells the station Manager about the stones and shows him where they are and how dangerous they could be.

Be a Trackstar Superhero by telling someone if you see something broken that could hurt someone if it is not fixed quickly!



Signals of Super Safety

Mike & Albie from the Trackstar Superhero team show Mike's friend Kim, the flashing red lights and ringing bells at the level crossing a powerful warning that all heroes must never ignore!

Kim waits safely behind the yellow line, her patience of waiting until it is safe to cross is another superpower we all need.

Trackstar Superheroes wait to cross the road or the railway tracks at a level crossing until Mummy and Daddy say it is safe to cross!



Strong Handholds

Near the platform edge, Sam and Jess know it is a dangerous place.

They both know to stay away from the yellow line and to hold Mummy or Daddy's hand if they are asked too.

On the platform Trackstar Superheroes stay behind the yellow line and hold hands to make us even safer.



Stay Back, Stay Strong

When she is at work Kim watches the speeding train safely from behind the yellow safety line.

Trains are big very heavy and move fast and the faster they go the less noise they make.

Running or playing near the edge of the platform or close to railway tracks is never a hero's move!



Hear the Hero Horn!

Sam demonstrates the loud train horn a mighty call to all heroes to be alert.

Kim covers her ears just in time.

**Trackstar Superheroes respect safe sounds!
Because they may be noisy,
but they keep us safe!**



Rainy Day Heroes

Even when rain pours, Sam wears his orange safety vest over his waterproof coat, helmet keeping his head snug and gloves dry.

Kim stays bright and careful too, ready for any kind of bad weather.

Trackstar Superheroes wear their coats, hat & gloves when it is rainy and cold.



Helping Hands by the Seaside

A train must stop suddenly at the seaside station.

Mike and Kim step up, guiding passengers to safety with calm, superhero care.

Trackstar Superheroes are always ready to help especially when it is their friends or family who need help!



The Heroic Fixers

Sam's team gears up orange helmets, vests, and gloves gleaming, working together like superheroes to fix the train.

Jess cheers them on, proud of her team.

Trackstar Superheroes know that teamwork makes the dream work.



Superhero Choices

Zak's friends want to paint graffiti on trains.

Zak uses his superhero voice to say,

"Stop! Trains are not playgrounds. Let us find safer places for you to do art."

Heroes keep trains safe and clean!



Training Young Heroes

Sam teaches Zak how to wear his orange helmet and vest properly.

Safety gear is their Super Trackstar hero armour protecting their adventures.

When Sam and Jess go to work, they wear gloves glasses boots or wellies as well as a vest & hat to keep them safe.



Signals and Superpowers

Sam and Zak visit the signal box — the superhero command centre!

Lights and levers keep all trains on track safely.

Zak promises to respect safety fences and listen carefully so that one day he can work in the signal box.

If you are good and try hard at school, you could go to work and be friends with Sam and Zak



Hero's Safety Challenge!

Help Zak spot safe and unsafe choices at a busy station:

- **Standing behind the yellow line — hero's choice!**
- **Running near tracks — not a hero's move!**
- **Walking on the tracks not a hero's move!**

Circle the heroes' safe moves.



Leader of Safety

**Zak shares safety powers
with friends, reminding them
trains cannot stop fast.**

**“Being safe helps everyone!”
he says.**

**“It makes me proud to be a
Trackstar Superhero” says
Zak.**



Safety Drills Activate!

Sam runs safety drills, showing how to check helmets, gloves, boots and coat every hero's essential gear.

Now Zak and his friends feel ready for anything.

Ask Mummy or Daddy if they know how to check their safety gear?



Kindness Powers Activated!

When Mia feels sad, Zak and friends offer a warm hug.

Kindness is a superhero strength that makes everyone shine.



Nighttime Heroes

At night, the heroes wear orange high-vis vests and carry torches to stay visible.

Zak reminds all his Super Trackstar friends.

“Be bright to stay safe!”



Hero Diary

**Draw or write about a time
you used your superpowers!**

**Breathing calm, helping
friends, or staying safe.**

**Every day, you are a
superhero too!**

Train whistle Track laying 'Steam puff'



Superhero Moves!

Try these Trackstar Superheroes moves:

- **Train Whistle:** Stretch your arms up high one at a time!
- **Track Laying:** On hands and knees pick one arm or one leg up at a time and stretch out!
- **Steam Puff:** Stretch both arms up as high as you can and take a deep, powerful breath!

Trackstar Superheroes moves keep us strong & healthy!



Trackstar Superheroes Energy Power Snack Time

Heroes eat healthy to get strong.

- **Carrots, broccoli, peas, beans, and other vegetables,**
- **Fruit like apples, bananas, oranges, and berries**
- **Nuts of all kinds but just remember not all Trackstar heroes can eat nuts!!**

What we eat gives us the energy to be a Trackstar Superheroes!



Teamwork Triumph!

Zak, Mia, and their friends fix a swing together.

Can you see what Mia is doing wrong in the picture?

That is right! She is not wearing her safety gear!!

Trackstar Superheroes know strength comes from kindness and teamwork but without our safety gear we could be hurt!

When Mummy and Daddy go to work Trackstar Superheroes remind them to be safe!



**At Newton Hill TrainCare
Centre,**

**TrainCare Centre Manager
Katie oversees a busy team
dedicated to keeping
everyone safe by making sure
everyone is kept in tip top
condition.**

**Did you know that a lot of
trains are fixed by Trackstar
Superheroes during the night
when most people are
asleep?**



At Newton Hill TrainCare Centre engineers Kim and Mike are preparing a special train.

Their mission to make sure Poppy and her school friends have a safe and happy trip to the seaside.

Poppy waits excitedly with Katie alongside her cheeky little brother Albie, who dreams of one day working here just like his dad.

How good would it be to work with your Mummy & Daddy?



At Newton Hill TrainCare Centre

Whilst Kim and Mike work side-by-side like true superheroes, tightening bolts, checking systems, and wearing their bright orange safety gear their careful teamwork means every child can ride safely and confidently.

Poppy and her friends giggle and chatter, bursting with excitement to explore the seaside.



Trip to the Football Game

After making sure Poppy and her friends had a successful seaside trip, Mike plans a fun day out with Albie to watch a big football match.

Albie cheers loudly as they arrive at the station to buy a ticket, his eyes sparkling with wonder, imagining the day he will grow up to be a Trackstar Superhero just like his dad.

Trackstar Superheroes always buy a ticket to ride on the train.



Trip to the Football Game

**But suddenly, the train
breaks down on the way to
the stadium!**

**Will Mike and Albie make it in
time to see the very start of
the match?**

**Meanwhile, Katie remains
calm and quickly calls Kim
their speedy, skilled hero on
her radio to come to the
rescue!**

**Trackstar Superheroes are
always ready to help!**



**Trackstar Superhero Kim
does not waste a moment.**

**She races to the broken train,
her orange hi-vis vest bright
and magic spanner shining.**

**With expert skill and calm
focus, she finds the problem
and fixes it quickly.**

**Mike, Albie, and the other
passengers cheer as the train
begins moving again just in
time!**



Just in time!!

Thanks to Team Newton Hill's Trackstar Superheroes and their quick thinking and superhero skills, Mike and Albie arrive at the stadium just as the whistle blows to start the game.

TrainCare heroes keep every adventure safe and full of fun—every step of the way! You can be a TrainCare hero too, by helping keep your family and friends safe every day.

TrainCare Heroes



Heroes of TrainCare

**You are a Trackstar
Superhero when you:**

- Stay safe near trains and roads!
- Help friends be kind!
- Use your calm breathing superpower!
- Eat healthy foods including your vegetables!
- Keep your body healthy with exercises!
- Wear your safety gear proudly!

**Remember!!
Mummy and Daddy are
Superheroes too!**

I PROMISE TO STAY SAFE



The Trackstar Superhero Promise!

I promise to:

- **Keep myself safe!**
- **Not to go near the train tracks!**
- **Keep myself healthy by eating healthy food and exercising my Trackstar Superhero body!**
- **Be kind to others!**
- **Breathe calm and stay brave!**

**Every Trackstar Superhero
keeps this promise.**



Quiet Time Power

- **Sit quietly,**
- **Smile,**
- **Breathe deeply and slowly!**

**This recharges your
Trackstar Superhero heart.**

FEELINGS TOOLBOX



Trackstar Superhero & Super friend

**If you look at the picture, can
you tell who might be.**

- **Sad?**
- **Angry?**
- **Hurt?**
- **Happy?**

**Trackstar Superheroes help
people when we know they
are sad and hurt we do not
just leave them on their own!**



SAFETY QUIZ

Trackstar Superhero & super friend

If you see one of your friends being unsafe it is always good to ask them why they are doing something dangerous?

We might save them from being hurt!

Trackstar Superheroes stop people when we think they are going to be hurt at home, near the train lines or the road at school or when they are in the park.



Parents & Heroes

- Parents, your love and calm help little heroes to grow.
- Talk about safety and feelings to build strong hero hearts.
- If your Trackstar Superhero is sad ask how you can make things better?
- Give hugs because hugs are superpowerful!

**When everyone is safe
everyone is happy!**



Empower children to learn about safety and wellbeing with captivating superhero stories and engaging activities that inspire them to be everyday heroes.

