Okay, little buddy! Imagine you're playing a game with your toy train. When you want the train to start moving, you might wave a flag, right?

Now, real trains need signals to know when it's safe to go, just like you need a signal to begin your game. One important signal is a red flag or a lantern, which is bright and shiny!

When the train sees a red flag or lantern, it means 'STOP!' The train stays still until it gets another signal. When the flag or lantern changes or goes away, it tells the train it's okay to go. So, after seeing the red flag or lantern, the train waits and then starts moving when it's safe!

So, the red flag or lantern helps keep everyone safe by telling the train when to stop and when to go. Isn't that cool?