

# Read About Pushes and Pulls

## PUSHES AND PULLS DEFINITION

Pushes and pulls can make things move! Together, pushes and pulls are called forces and they can make objects speed up, slow down or change direction.

*To better understand how pushes and pulls work....*

## LET'S BREAK IT DOWN!

### What is a force?

A force is a push or a pull that makes things move. You make things move every day when you play soccer, push a shopping cart or pull mittens onto your hands!



### What is a push?

A push is when you move things away from you. An example of a push is when you push a basketball toward the hoop. When you push with force, things move away.

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## What is a pull?

A pull is when you move things toward you. An example of a pull is when you pull weeds out of your yard or when you pull a tissue out of a tissue box. Things move towards you when you pull.



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## How do forces change motion?

Forces can make things speed up, slow down, or change direction. When you want an object to stop, you can push on it. When you want an object to move faster, you can use force for that, too.

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## Forces can make things change direction.

Forces can be strong or weak and they can go in different directions. How far you can push something depends on how much force you use. A stronger force makes bigger change.



## **PUSHES AND PULLS VOCABULARY**

**Direction** A direction is the path that a thing (object) takes. For example, an object can be moved up,

down, right, or left.

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**Force**

A force is a push or a pull that makes things (objects) move. A force can also make objects slow, go fast, stop or change direction. A force can be strong or weak.

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**Pull**

A pull is when you use force to move a thing (object) closer to you.

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**Push**

A push is when you use force to move a thing (object) away from you.

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**Motion**

Motion is when something (an object) is moving. When an object changes its position, it is moving.

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**Stop**

When a thing (object) is not moving, it is at a stop.

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## ***PUSHES AND PULLS QUESTIONS***

### **Is the punching bag used by Dr. Jeff an example of a push or a pull?**

The punching bag is both a push and a pull. Dr. Jeff first pulled it towards him and then he pushed it to make it swing before it knocked him down.

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### **What is an example of using forces at a grocery store?**

You use force to pull things off the shelves. You can also use force to push the shopping cart towards the shelves or pull it back towards you.

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### **How did Olivia use force with a basketball?**

Olivia used her hands to push the basketball towards the hoop.

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### **When you are in the garden, how might you use a pull or a push?**

You can pull a weed out of the ground, and then you can use your hand to push the weed into a garbage can.

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### **How can forces help you when you are playing a sport, like basketball, bowling or soccer?**

Forces can change the speed and direction of an object. You can use force to kick the soccer ball into the goal or towards your teammates. You can also use your foot to change the direction of the ball as you are running across the field.

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## **How would you describe a force?**

A force is a push or a pull that makes things move. It can also make things change direction, speed up or slow down.

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