



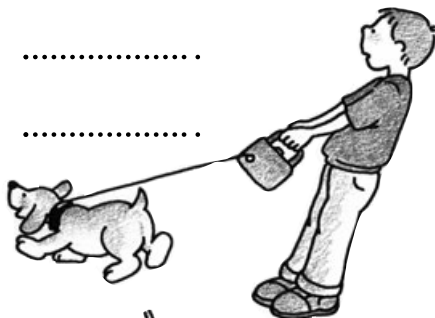
Being forceful

Observations

Pushes and pulls are *forces*. When you push or pull something, you can make it start or stop moving.

Science activity

Look at each picture. Is the child in each picture using a pushing force or a pulling force? Write **push** or **pull** on the first line. Does the force cause something to start or stop moving? Write **start** or **stop** on the second line.



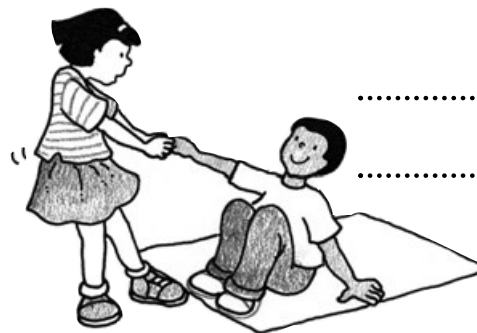
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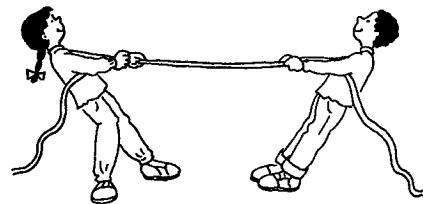
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Science exploration

Play tug-of-war with a friend. Are you pushing or pulling? Kick a soccer ball. What type of force will stop the ball?





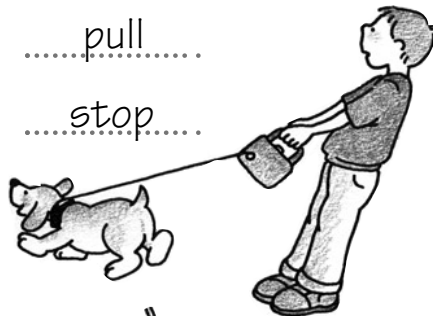
Being forceful

Observations

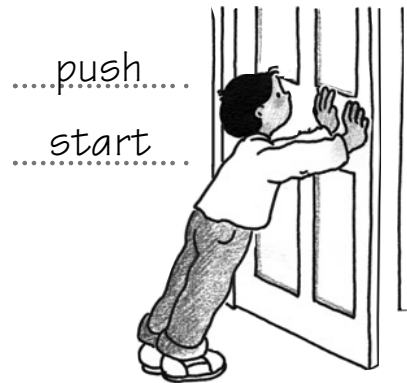
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Science activity

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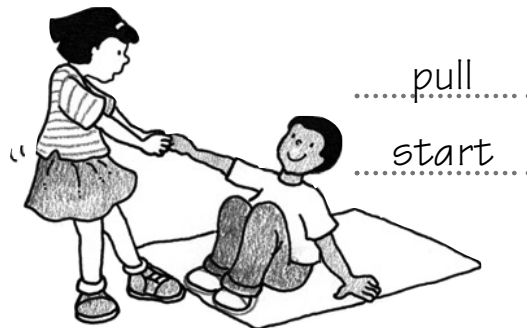
.....pull.....
.....stop.....



.....push.....
.....start.....



.....push.....
.....start.....



.....pull.....
.....start.....



.....push.....
.....stop.....

Science exploration

In these activities the child learns about forces. While tug-of-war is a pulling activity, kickball is a pushing activity. Ask the child to describe other sports or playground activities that involve pushing or pulling. Make sure the child can distinguish between a push and a pull.

