



Pushes and Pulls!

How Things Move in Our World

Teacher Note: K-2 Physical Science (NGSS K-PS2-1). Introduction to forces and motion.

What Makes Things Move?

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Objects cannot move all by themselves!

They need a **FORCE** to move.

A force is a **PUSH** or a **PULL** .

Key Term: Force = a push or a pull that moves an object.

What is a PUSH?

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A **PUSH** moves an object **AWAY** from you.



Kicking a Ball Away



Pushing a Door Shut

Discussion Prompt: Ask students to demonstrate a "push" using their hands in the air.

What is a PULL?

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A **PULL** moves an object **CLOSER** to you.



Pulling On Socks



Pulling a Sled

Discussion Prompt: Ask students to demonstrate a "pull" motion toward their chests.

Let's Think Together! 🧠

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Look at a **Grocery Cart** 🛒:



When you move the cart forward down the aisle, is that a **PUSH** or a **PULL**?



When you pick up your heavy backpack off the floor, is that a **PUSH** or a **PULL**?

Check for Understanding: Cart = Push (away); Backpack = Pull (towards).

Super Scientist Review! ★

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Remember:

1. A **PUSH** moves things away.
2. A **PULL** moves things closer.

Exit Question: Name one thing you PUSH or PULL when you get ready for school!

Assessment Idea: Have students draw one example of a push or a pull on a white board.