



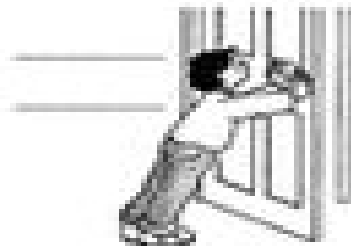
# Being forceful

### 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.



### Science exploration

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