



# Push, Pull, Go!







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# Motion and Force

Things that move are all around us.

A door opens. A ball rolls. A frog jumps.

They are in motion.

They move from one place to another place.

**The ball is in motion.**





**Motion** is a change in a thing's position.

**Force** makes things change position.

You use force when you move things.

**The girls use force to move the ball.**





# Kinds of Force

## Pushes

A push is one kind of force.

A **push** is a force that moves things away from you.

**A push moves the scooter.**





## Pulls

A pull is another kind of force.

A **pull** moves things toward you.

What else  
can you move  
with a pull?



The boy pulls to move the wagon.



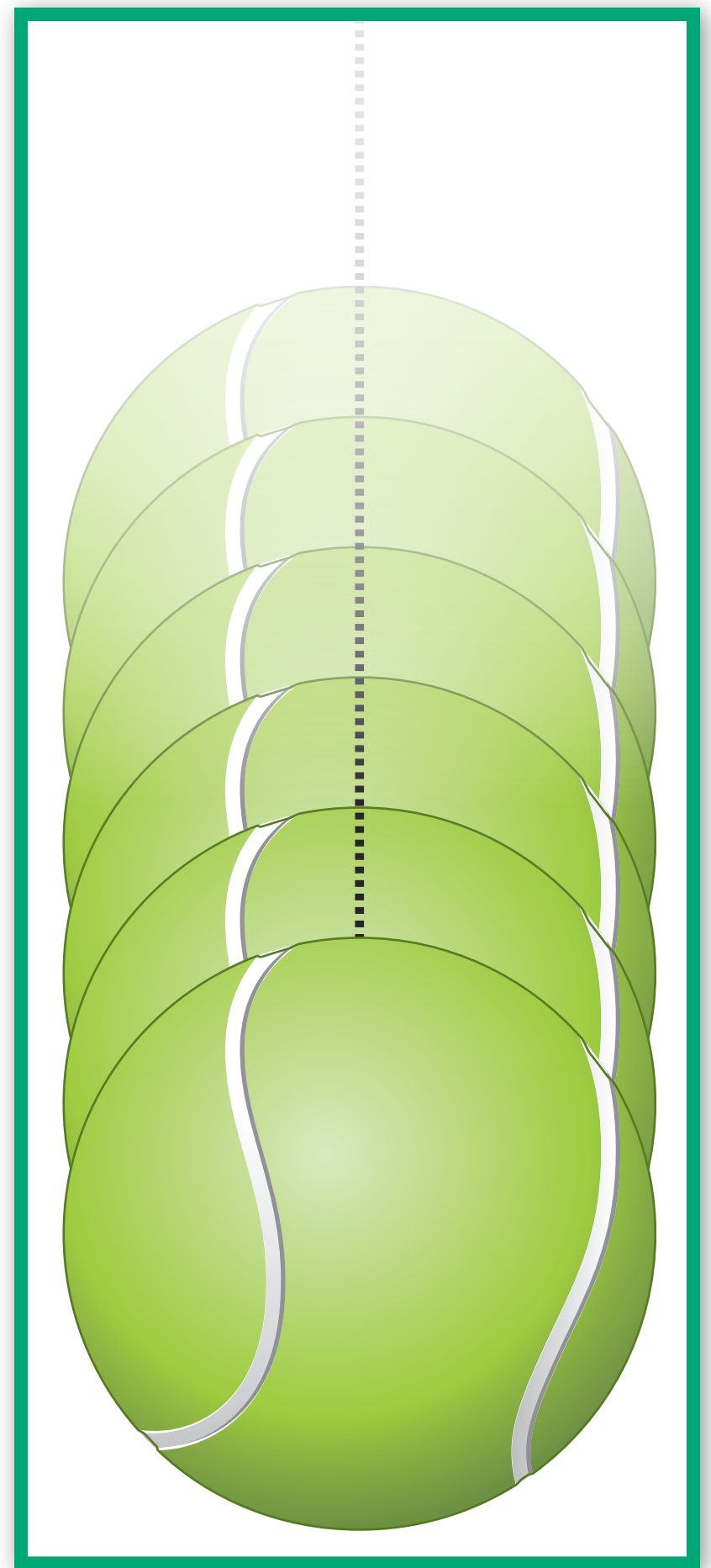


# Gravity

**Gravity** is a force.

Gravity pulls things to the ground.

Drop a ball. Gravity pulls the ball to the ground.





# Friction

**Friction** is a force. Two objects rubbing together make friction.

Friction slows down things that move.

Picture that you are on a slide.

Your clothes rub on the slide.

This rubbing makes friction.

**Gravity pulls you to the ground. Friction slows you down.**





# Careers

## Playground Builder

Some builders make playgrounds.

They make plans for play areas.

They shape places where children can run and climb.

They make things to push or pull.

They build things that swing, spin, and slide.





# Glossary

**direction** **Direction** is the path that an object takes.

**distance** **Distance** is how far something moves.

**force** **Force** is what makes an object change its position.

**friction** **Friction** is the force that slows down moving things that touch.

**gravity** **Gravity** is the force that pulls on objects near Earth.

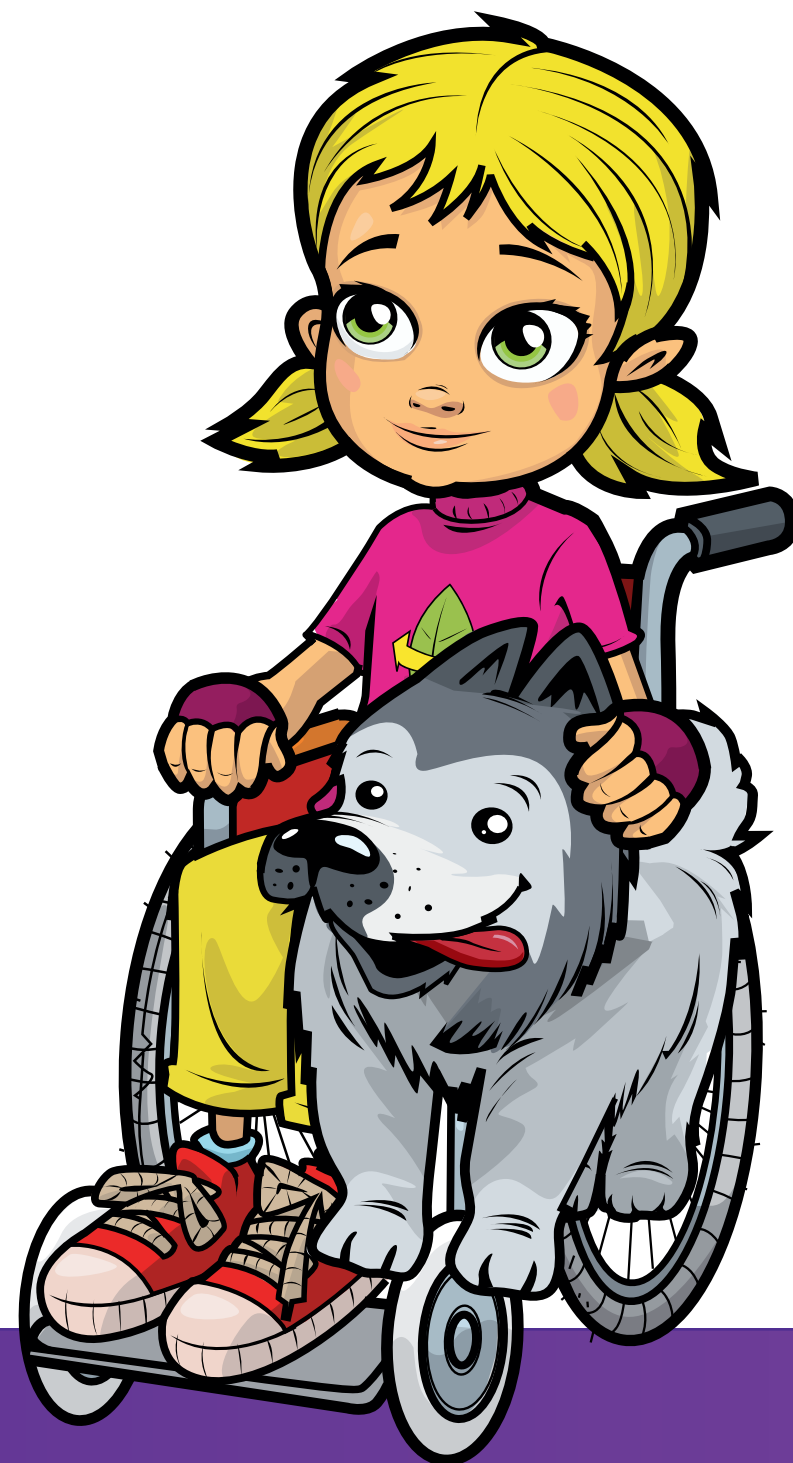
**motion** A **motion** is a change in an object's position.

**pull** A **pull** is the force that moves something toward you.

**push** A **push** is the force that moves something away from you.

**speed** **Speed** is how fast or slow an object moves.

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