Name & Surname: _____

Push and Pull!

Move it near and far!

About 30 minutes Level ★★★☆☆

Pushes and Pulls

A **push** moves things away. A **pull** brings things to you. **Hard** pushes and pulls go far.



Circle push or pull for each picture!

1. Kick a **ball** is a (**push** / **pull**).

2. Tug a **rope** is a (**pull** / **push**).

3. Push a **car** is a (**push** / **pull**).

4. Pull a **wagon** is a (**pull** / **push**).

Grown-up tip
Push a toy car together at home.

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Hard and Soft!

Key words

push: move away
pull: bring to you
hard: strong
soft: gentle
far: a long way
direction: which way to go

Listen and say true or false!

Example done for you

Statement	True	False
A **hard** push makes a toy car go far.	✓	
A **soft** push makes a toy car go far.		
A **push** can change which way a ball goes.		
A **pull** cannot move anything.		

Grown-up tip
Try hard and soft pushes with balls.

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Talk About Motion!

Talk together about pushes and pulls!

What happens with a hard push and a soft push?

What happens when you push a ball this way and that way?

How can you pull something close to you?

Grown-up tip
Talk about pushes at the park.

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Make a Sentence!

Circle to make a push or pull sentence!



Who?	What doing?	What?	Where?
◯ the girl	◯ is pushing	◯ a car	◯ to the door
◯ the boy	◯ is pulling	◯ a wagon	◯ to the chair

Draw it

Who?	What doing?	What?	Where?
◯ the boy	◯ is pulling	◯ a wagon	◯ to the rug
◯ the girl	◯ is pushing	◯ a ball	◯ to the door

Draw it

Who?	What doing?	What?	Where?
◯ the girl	◯ is pushing	◯ a ball	◯ far away
◯ the boy	◯ is pulling	◯ a car	◯ close by

Grown-up tip

Act out push and pull sentences.

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Trace and Write!

Trace the push and pull words!

push push push

pull pull pull

hard hard hard

soft soft soft

How did I do?

Circle a face for each line.

I can show a push and a pull.	☹	😐	☺
I can tell hard and soft pushes.	☹	😐	☺
I can show which way things go.	☹	😐	☺

Grown-up tip

Trace words in sand or rice.

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Answer sheet: Push and Pull!

Task A

1. push
2. pull
3. push
4. pull

Task B

1. True
2. False
3. True
4. False

Task C

Answers will vary.

Task D

1. The girl is pushing a car to the door.
2. The boy is pulling a wagon to the rug.
3. The girl is pushing a ball far away.

Task E

push, pull, hard, soft

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