Push and Pull

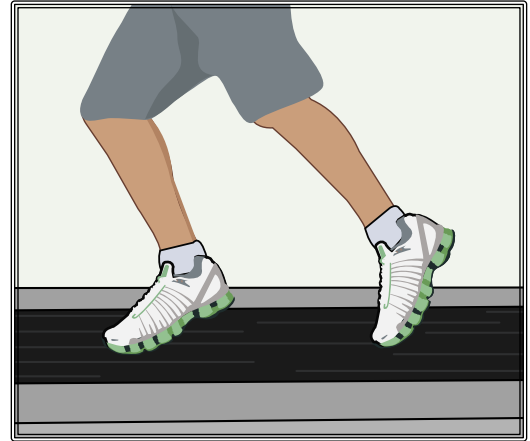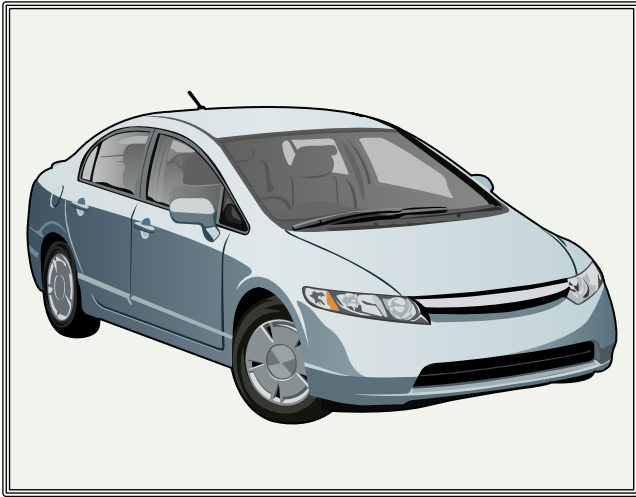## Level H/I

by Kathy Staugler

Illustrated by Amanda Noss

Everything can move. Some things are easy to move. Some things are hard to move. Some things move fast. Some things move slow. This moving is called **motion**.

Motion needs a force. **Force** makes things move. Force means pushing and pulling. If you push something, it will move. If you pull something, it will move. Let's look at things we *push* and *pull* when going to the grocery store.
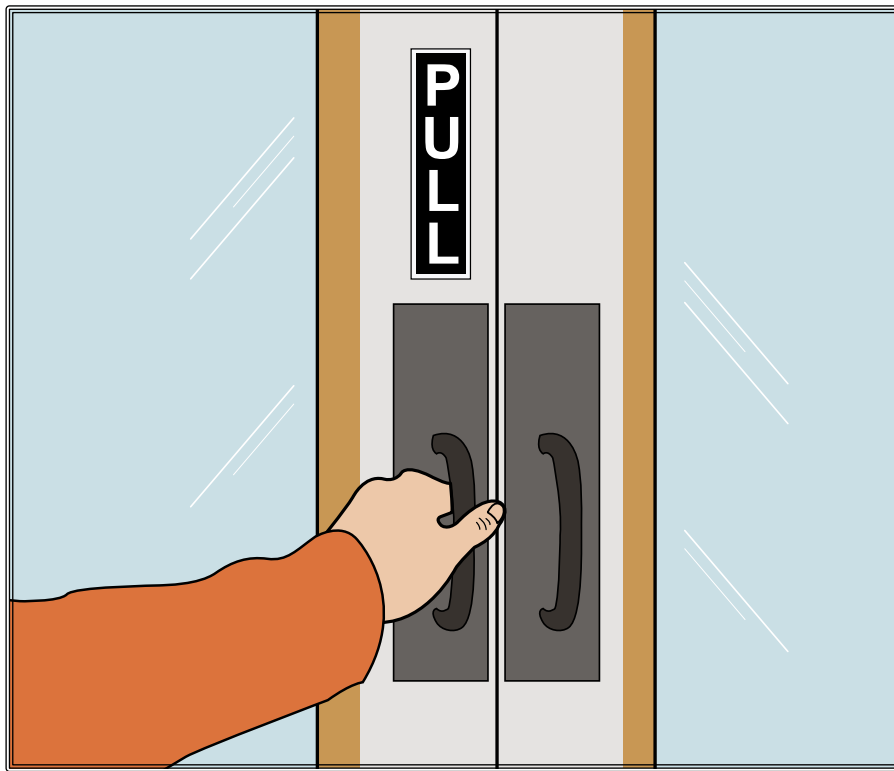
Walk up to a door at the grocery store.

It says "Pull to open." You will use your

hand and arm to *pull* open the door.

You need a cart at the grocery store.

The carts are all lined up together. *Pull*

the cart that you want from the end of the

line. You are ready to shop. *Push* the cart

down the aisle.
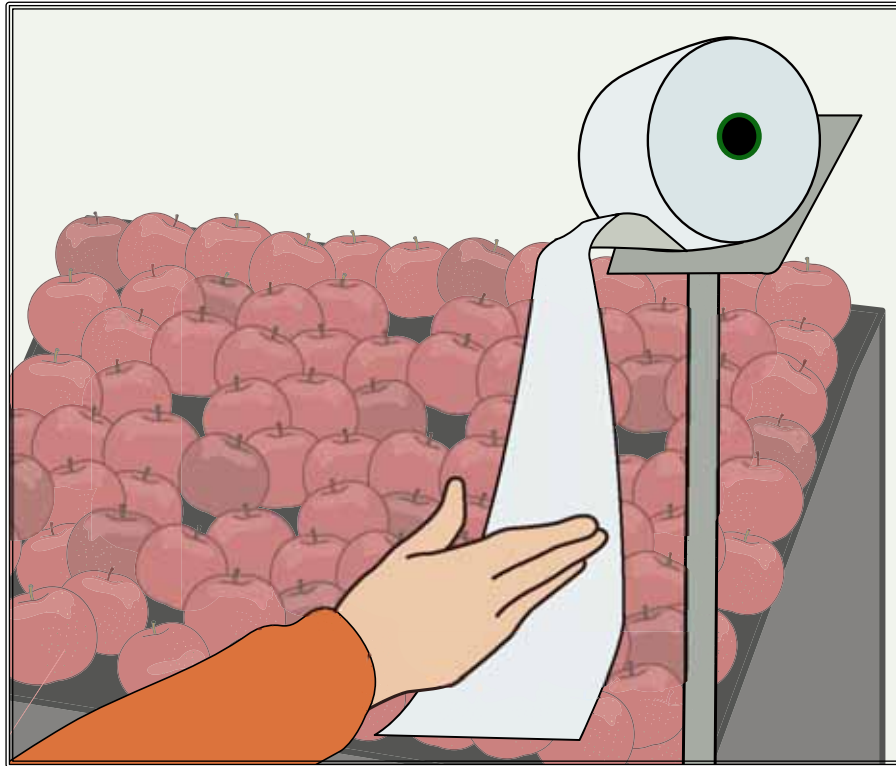
Look at the apples in the cooler. They look delicious. *Pull* a bag from the roll and put three apples in the bag. Yum. Let's keep moving. *Push* the cart down Aisle 2.
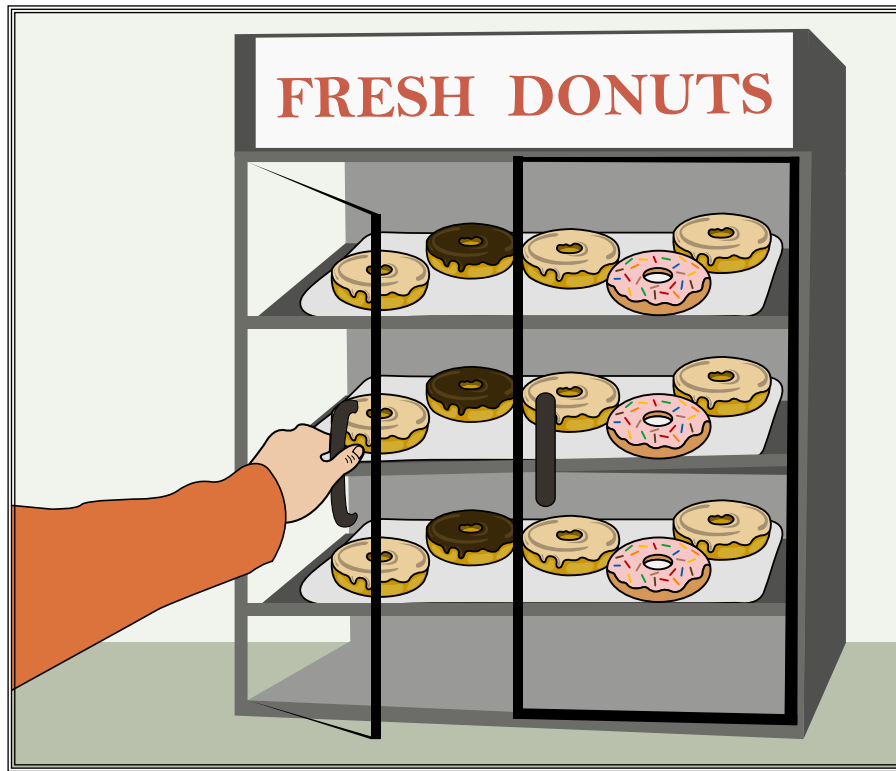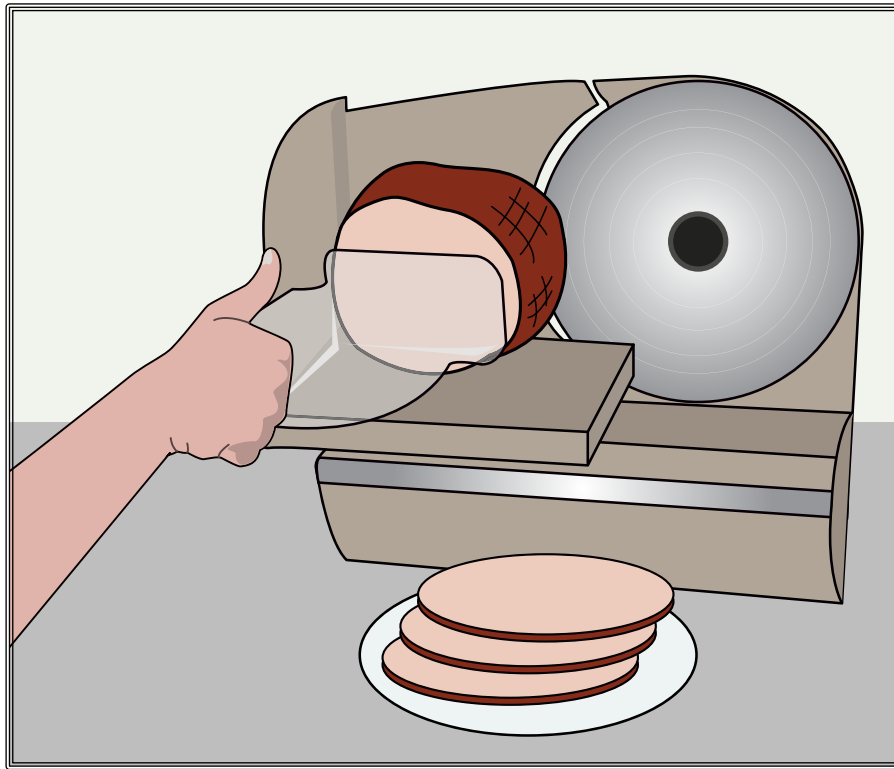
Look at the donuts in the case. A chocolate donut sounds good. *Pull* the door to open the donut case. Use the tissue to put your donut in a bag. Don't forget to *push* the door shut when you are done.
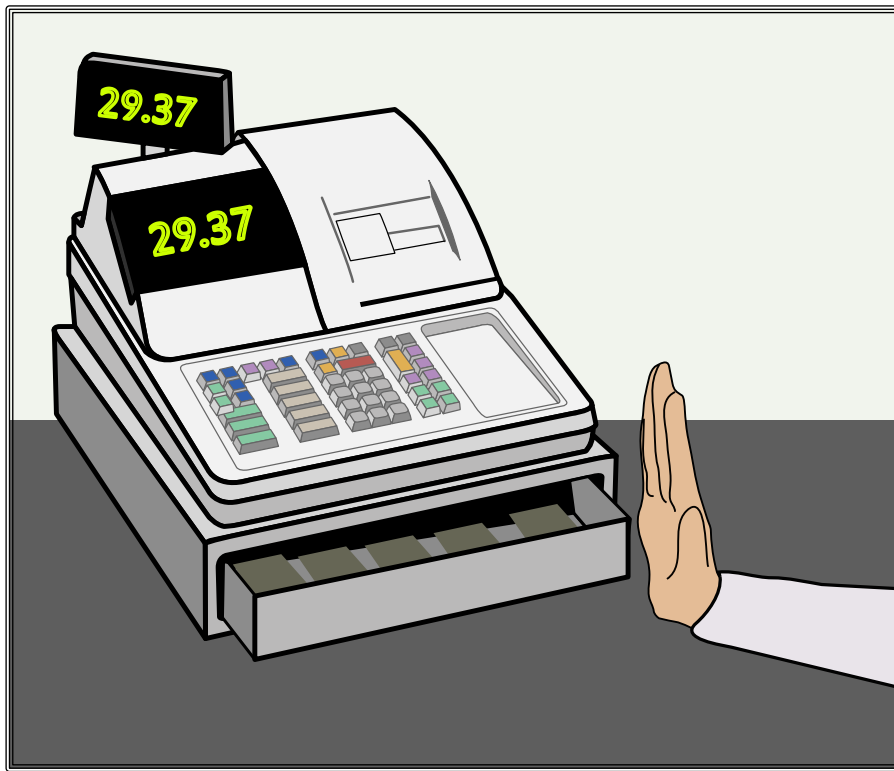
Push the cart down Aisle 3. You

need a big bag of dog food for your dog,

Dexter. Oh, this bag is heavy. It takes

more force to *pull* this bag from the shelf.

Stop at the deli counter. A pound of turkey breast will make good sandwiches. The lady in the deli puts the turkey on the slicer. *Push, pull, push, pull.* She moves the slicer back and forth to cut the turkey.

Are you ready to check out? *Push* the cart in the line for the cashier. Watch the cashier *push* the buttons to check your food. She will *push* the drawer closed on the cash register after you pay for your groceries.
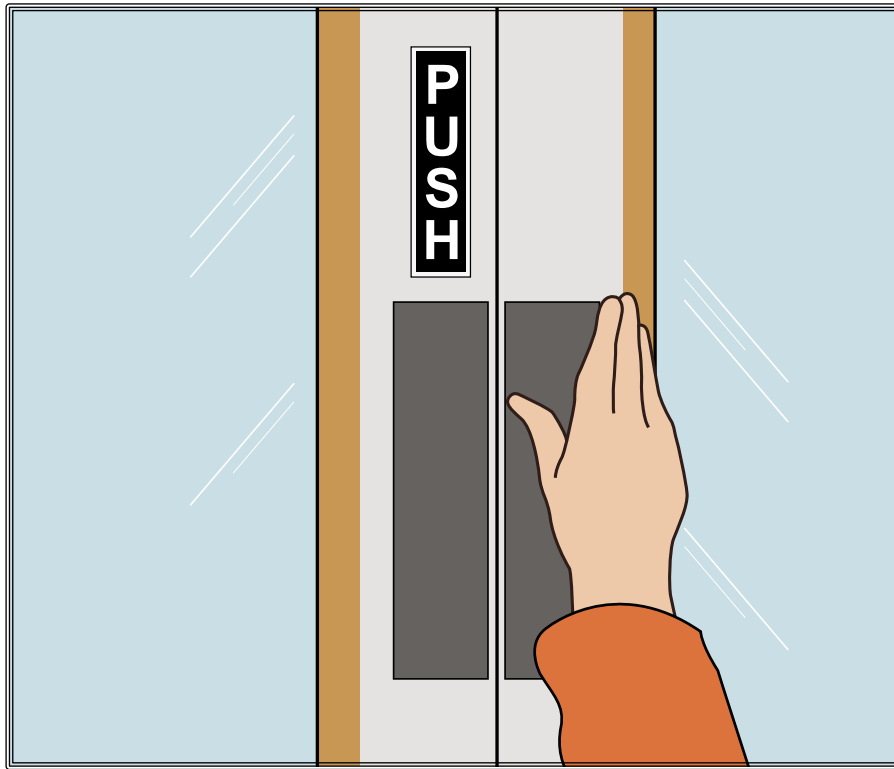
Push open the door to the grocery store and *pull* your cart into the parking lot to put your grocery bags in the car. Shopping in the grocery store took a lot of pushing and pulling. What are other things you can *push* and *pull*?
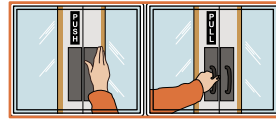
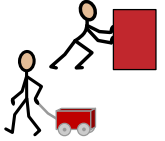| move	easy	motion	force	grocery store	door
push	hard/heavy	cart	aisle	apple	cooler
pull	fast	donut	dog food	dog	shelf
shop	slow	deli	turkey	slicer	cashier
		buttons	drawer		

Glossary

motion - how things move

force - the push or pull action to make something move