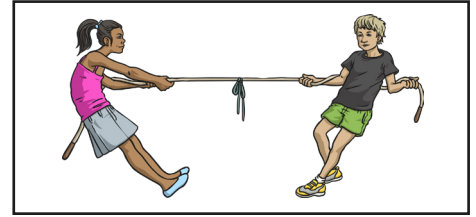# Pushes and Pulls

Forces are pushes and pulls. These pushes and pulls usually change the motion of an object. They could make an object start to move, go faster, stop moving or go slower.

Draw examples of actions in the boxes below to show pushes and pulls in action. One example has been done for you.

pull

pull	**push**
push	**pull**