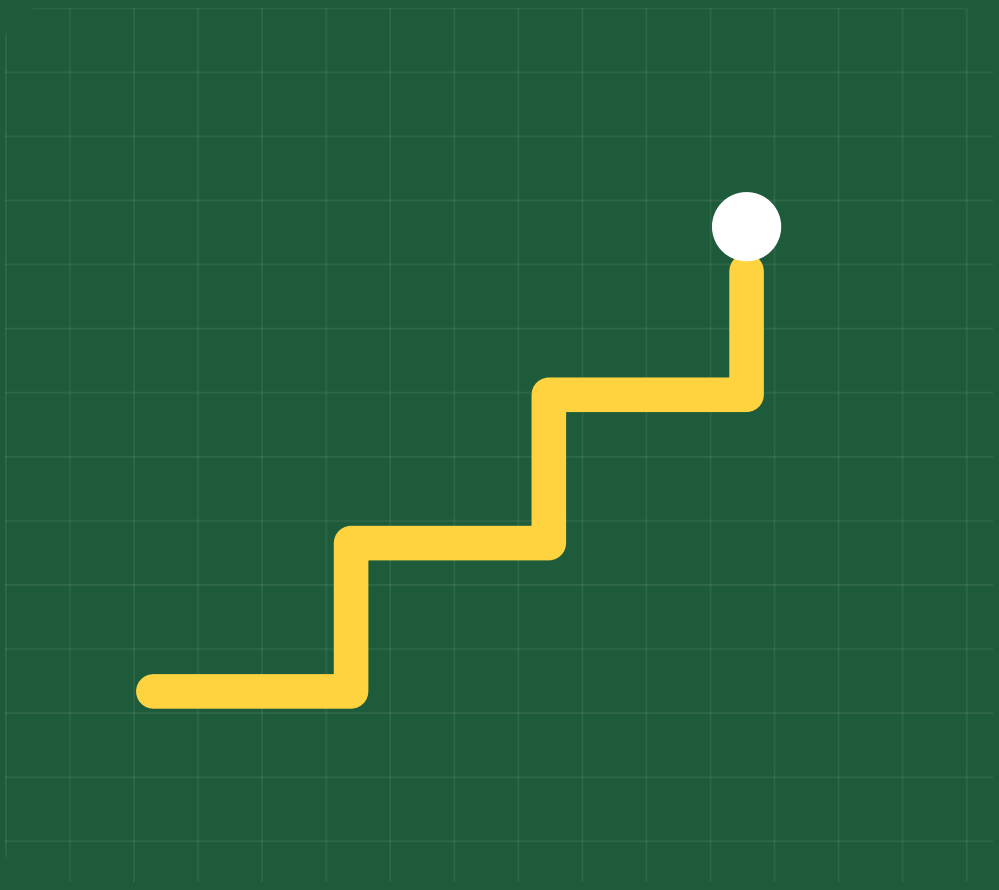
UpOnly Learning



KINDERGARTEN

FREE SAMPLE WORKBOOK

Science Kindergarten

One step at a time. · Ages 5–6 · Free sample: 1 of 8 topics

UO-SCI-K

OUR STORY

One step at a time

I'm Dr. Evan J. Hasson. I've run a specific chiropractic practice for over twelve years, and I'm a dad of three. My work is about alignment: get the structure right, and everything else works better.

At home, nothing was aligned. I was spending thousands a month on tutors, extracurriculars and programs, and when I asked about enrolling a second or third child the answer was always the same: that'll be double, that'll be triple. The charter school had a waiting list. The good public school had a waiting list. The private schools had the kind of list where it helps to know someone, or to give generously first.

And underneath all of it, the same quiet threat: if you don't pay for this, your child will fall behind. Not sold with evidence. Sold with fear.

So I did my own research, and here is what I found: none of it is secret. The standards are published. The order a child should learn in is written down and freely available. It is just scattered. Nobody had done the work of pulling it together, putting it in order and handing it over. So I did.

When every step has its place, confusion has nowhere to hide.

I built this for my own kids. I'm giving it to yours.

Dr. Evan J. Hasson, DC
Founder and dad of three

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No guaranteed results, and mistakes happen. Every student learns differently. We write and review every question and answer key carefully, and we still get things wrong. An answer key can be wrong, and a question can be worded badly or have two defensible answers. Check the answer key before you hand it over, and trust your own judgment over ours. Found a problem? **Photograph the page and email it to support@uponlylearning.com**. The picture tells us more than a description, and we fix it for every family.

Safety. Some activities use household items such as scissors, coins or food. An adult should supervise and skip anything unsafe for the student.

Not professional advice. This workbook does not replace an evaluation by a qualified educator or specialist. The founder is a Doctor of Chiropractic; UpOnly Learning does not provide medical or health advice.

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INTRODUCTION

How to use this workbook

Each topic follows the same steps, so your student always knows what comes next.

① **Quick Check.** 10 questions before you teach. Read them aloud for younger students. A high score means you can move faster.

② **Learn It.** Key words, step-by-step teaching with lines you can read aloud, worked examples and the mistakes to watch for.

③ **We Do It Together.** 10 questions you do side by side. The answer and the "why" are printed right after each question, so you can talk it through.

④ **You Try.** 10 questions your student does alone.

Answers with short explanations for every question are in the **Answer Key** at the end of each topic, so students can work without peeking. Go over each wrong answer together using the explanation.

This workbook is printed in full color. To save ink, choose "Black and white" or "Grayscale" in your printer settings; every page still works in black and white.

Want online checks that score themselves and track each student's progress? Visit uponlylearning.com.

KINDERGARTEN

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Free Sample Workbook · Ages 5–6 · 1 of 8 topics, with a Quick Check, a lesson, We Do It Together, You Try and an answer key

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Topic 1 · Pushes and pulls **6**

Compare how pushes and pulls of different strengths and directions change how an object moves K-PS2-1

Quick Check 6 · Learn It 7 · We Do It Together 9 · You Try 11 · Answer Key 12

Pushes and pulls

The student will show that a harder push or pull makes an object move farther or faster, and that the direction of the push or pull changes which way it goes.

① Quick Check

Do this before the lesson. It shows what your student already knows. Score: ____ / 10

1. Bouncing a ball down on the floor with your hand is a...

   A Pull **B** Push **C** Neither

2. Pulling a weed out of the dirt is a...

   A Push **B** Pull **C** Neither

3. You close a door by moving it away from you. Is that a push or a pull?

   A A push **B** A pull **C** Neither

4. Pulling open a drawer to get a spoon is a...

   A Push **B** Pull **C** Neither

5. Is a magnet pulling a paper clip toward it a push or a pull?

   A A pull **B** A push **C** Neither

6. A tennis ball comes at you. You hit it back with a racket. What did your hit do?

   A Made the ball stop forever **B** Made the ball bigger **C** Changed the ball's direction

7. A goalie stops a rolling ball with her hands. What did she do?

   A Pushed in the same direction the ball was going **B** Pushed against the ball's direction **C** Did nothing

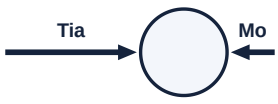
8. A ball rolls straight across a table. You blow on it from the side. What might happen?

   A It stops right away **B** It changes direction a little **C** It turns into a cube

9. A toy car rolls left. You push it hard to the right. What happens?

   A It speeds up and keeps going left even faster **B** It slows down, stops, then goes right **C** Nothing changes

10. Look at the picture. Mo pushes the ball softly to the left. Tia pushes it hard to the right at the same time. A longer arrow means a harder push. Which way will the ball go?



   A Left **B** Right **C** It stops

② Learn It

MATERIALS a small ball; a toy car or empty plastic bottle; a piece of string about as long as your arm (keep it away from necks and put it away after play); masking tape or a sock to mark a start line; a hallway or open floor, cleared so no one trips

Key words

- **push**: moving something away from you
- **pull**: moving something toward you
- **force**: a push or a pull
- **direction**: the way something is going

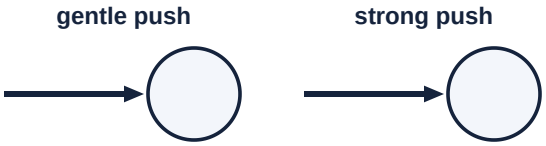
Warm-up

1. Ask the student to open a door, then close it.
2. Ask: did you move the door toward you or away from you each time?
3. Act out pushing a swing and pulling a wagon together.

> *Today we are going to be force scientists. A force is a push or a pull.*

Teach

1. Put a tape start line on the floor and set the ball on it. Ask: what do you think will happen with a gentle push? With a strong push?
2. Give the ball a gentle push. Mark where it stops with a sock.
3. Give the ball a strong push from the same line. Mark where it stops.



4. Compare the two marks. Ask: what happened and why? The strong push went farther because it was a bigger force.
5. Tie the string to the toy car. Pull gently, then pull harder. Notice the car goes faster with the harder pull.
6. Push the ball to the left, then to the right. Point out that the ball goes the way it is pushed.

> *A bigger push or pull makes things move farther and faster. The way you push is the way it goes.*

Guided practice

1. Take turns: you call out 'gentle' or 'strong' and the student pushes the ball.
2. Before each push, ask the student to guess if it will go past the sock.

Push	My guess	What happened
gentle		
strong		

3. Roll the ball gently toward the student and have them push it back to change its direction.
4. Let the student pull the car around a chair leg to see a pull change direction.

> *Guess first, then test. Was your guess right?*

Worked examples

Mia pushes a ball gently and it rolls to the rug. Then she pushes it hard. Where will it go?
Past the rug. A stronger push makes the ball move farther and faster.

A ball is rolling toward you. You push it back. What happens?
It changes direction and rolls away from you. A push can change the way something moves.

Watch for these mistakes

Mistake: Heavy things and light things move the same with the same push.
Fix: Push the ball and then a heavy book with the same gentle push. The light ball moves more; heavy things need a bigger push.

Mistake: Only pushes are forces; pulling is something different.
Fix: Show pulling the car with the string. Explain that pushes and pulls are both forces because both can start, stop or change how things move.

PARENT TIP Let the student make predictions before each test, even wrong ones. Testing a guess is the heart of science.

GO FURTHER Build a ramp from a board or large book and roll the toy car down from low and high starting points. Which goes farther?

③ We Do It Together: 10 questions

> *Do these side by side. Read each question together, let your student answer, then read the answer and the "why" right below it and talk it through.*

1. Sliding a cup across the table toward you is a...

A Pull **B** Push **C** Neither

> **Answer: A** Pull
> **Why:** The cup moves toward you, so it is a pull.

2. Pressing a doorbell button with your finger is a...

A Push **B** Pull **C** Neither

> **Answer: A** Push
> **Why:** Your finger presses the button away from you. That is a push.

3. You blow on a feather and it floats away from you. Your breath gave it a...

A Pull **B** Push **C** Nothing

> **Answer: B** Push
> **Why:** Your breath moved the feather away from you. That is a push.

4. What is a force?

A A push or a pull **B** A loud sound **C** A kind of bright color

> **Answer: A** A push or a pull
> **Why:** A force is a push or a pull. Forces can make things move.

5. Mia pushes her scooter with her foot softly and goes slowly. How can she go faster?

A Push off the ground much more softly **B** Stop pushing **C** Push off the ground harder

> **Answer: C** Push off the ground harder
> **Why:** A harder push gives more force, so the scooter goes faster.

6. Two kids pull a wagon from the front together. Compared to one kid pulling, the wagon moves...

A Faster **B** Slower **C** The same

> **Answer: A** Faster
> **Why:** Two pulls in the same direction make a stronger pull, so the wagon goes faster.

4. Elena pushes a swing softly and her brother barely moves. What will happen if she pushes harder?

A He will swing lower **B** He will stop **C** He will swing higher

> **Answer: C** He will swing higher
> **Why:** A harder push gives more force, so the swing goes higher.

5. Noah pulls a string tied to a toy truck. The truck comes toward him. Why?

A Things move the way they are pulled **B** The truck is very light **C** Trucks always roll toward kids

> **Answer: A** Things move the way they are pulled
> **Why:** A pull moves the truck in the direction of the pull, toward Noah.

6. Leah's toy car stops halfway to a block. She wants it to hit the block but not go too far past. What push should she try?

A The same push **B** A little harder push **C** A much softer push than before

> **Answer: B** A little harder push
> **Why:** A little more force sends the car a bit farther, enough to reach the block.

7. Which shows a pull changing an object's direction?

A Kicking a ball straight ahead **B** Pushing a door shut

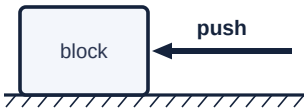
C Pulling a rolling wagon by its handle to turn it

> **Answer: C** Pulling a rolling wagon by its handle to turn it
> **Why:** Pulling the handle to one side turns the wagon, so the pull changes its direction.

④ You Try: 10 questions

Now your student works alone. Check answers in the Answer Key at the end of this topic. Score: ____ / 10

1. Look at the picture. You push the block this way. Which way does it slide?



A To the left **B** To the right **C** Up, toward the ceiling

2. Squishing play dough flat with your hand is a...

A Pull **B** Push **C** Neither

3. Kicking a soccer ball is a...

A Push **B** Pull **C** Neither

4. Ali puts a ball on a start line and pushes it softly. To be fair, where should he start the hard push?

A From a spot closer to the wall **B** From anywhere **C** From the same start line

5. You roll a ball softly on the first try and hard on the second try from the same start line. What should you compare?

A How far the ball went each time **B** How loud you were **C** The color of the ball on each try

6. Lucas flicks a marble softly and it rolls 2 tiles. Then he flicks it harder. About how far might it go?

A 5 tiles **B** 2 tiles **C** 1 tile

7. Ben pulls his wagon gently. Then he pulls it hard. When does it go faster?

A The hard pull **B** The gentle pull **C** Both the same

8. A ball rolls toward you. You want it to go to your friend on your right. What should you do?

A Let it roll past you **B** Push it straight back **C** Push it toward your right

9. A heavy box slides only a little when Max pushes it. It slides far when his dad pushes it. Why?

A His dad pushes with more force **B** The box got lighter **C** Max pushes with his left hand

10. Kai and Lena push a box from the same side. Then Kai pushes it alone with the same strength. When does the box move farther?

A When Kai pushes alone **B** When they push together **C** It moves the same

Pushes and pulls: Answers and explanations

1 Quick Check

1. Bouncing a ball down on the floor with your hand is a...

   B Push

   Your hand pushes the ball down, away from you.

2. Pulling a weed out of the dirt is a...

   B Pull

   You move the weed up toward you. That is a pull.

3. You close a door by moving it away from you. Is that a push or a pull?

   A A push

   Moving something away from you is a push.

4. Pulling open a drawer to get a spoon is a...

   B Pull

   The drawer slides toward you, so you are pulling.

5. Is a magnet pulling a paper clip toward it a push or a pull?

   A A pull

   The paper clip moves toward the magnet, so it is a pull.

6. A tennis ball comes at you. You hit it back with a racket. What did your hit do?

   C Changed the ball's direction

   Your hit pushed the ball the other way, so it changed direction.

7. A goalie stops a rolling ball with her hands. What did she do?

   B Pushed against the ball's direction

   Pushing against a moving thing can slow it down or stop it.

8. A ball rolls straight across a table. You blow on it from the side. What might happen?

   B It changes direction a little

   Your breath pushes from the side, which can change the ball's direction.

9. A toy car rolls left. You push it hard to the right. What happens?

   B It slows down, stops, then goes right

   A push against its motion slows it, and a strong enough push turns it around.

10. Look at the picture. Mo pushes the ball softly to the left. Tia pushes it hard to the right at the same time. A longer arrow means a harder push. Which way will the ball go?

    B Right

    Tia's push is stronger, so the ball goes her way, to the right.

④ You Try

1. Look at the picture. You push the block this way. Which way does it slide?

   A To the left

   The block slides the way you push it.

2. Squishing play dough flat with your hand is a...

   B Push

   You press down and away from you, which is a push.

3. Kicking a soccer ball is a...

   A Push

   Your foot sends the ball away from you. That is a push.

4. Ali puts a ball on a start line and pushes it softly. To be fair, where should he start the hard push?

   C From the same start line

   Starting at the same line makes the test fair, so only the push is different.

5. You roll a ball softly on the first try and hard on the second try from the same start line. What should you compare?

   A How far the ball went each time

   Marking where the ball stops shows how the strength of the push changes the distance.

6. Lucas flicks a marble softly and it rolls 2 tiles. Then he flicks it harder. About how far might it go?

   A 5 tiles

   A harder flick gives more force, so the marble goes farther than before.

7. Ben pulls his wagon gently. Then he pulls it hard. When does it go faster?

   A The hard pull

   A harder pull gives more force, so the wagon goes faster.

8. A ball rolls toward you. You want it to go to your friend on your right. What should you do?

   C Push it toward your right

   Pushing the ball to the right changes its direction toward your friend.

9. A heavy box slides only a little when Max pushes it. It slides far when his dad pushes it. Why?

   A His dad pushes with more force

   A stronger push makes the box move farther.

10. Kai and Lena push a box from the same side. Then Kai pushes it alone with the same strength. When does the box move farther?

    B When they push together

    Two pushes in the same direction add up to a bigger force.

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2. Sunlight warms the Earth K-PS3-1
3. Building shade K-PS3-2
4. What plants and animals need K-LS1-1
5. Watching the weather K-ESS2-1
6. Where living things live K-ESS3-1
7. Caring for our Earth K-ESS3-3
8. Finding a problem to solve K-2-ETS1-1

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