

PUSH AND PULL WORKSHEETS

Circle push or pull, say which way it goes, fill in the sentence, decide which is easier, cut and glue onto a push mat and a pull mat, and draw it. A tracker, a class grid and a family update. Print, or type the names and trackers. PDF.

SET A PUSH OR PULL?

My name: _____ Date: _____

☐ Is it a push or a pull? Circle the word.

1 

push pull

2 

push pull

3 

push pull

4 

push pull

SET A AWAY OR TOWARD?

My name: _____ Date: _____

☐ Which way does it go? Circle the words.

1 

away from me toward me

2 

away from me toward me

3 

away from me toward me

4 

away from me toward me

SET B FILL IN THE WORD

My name: _____ Date: _____

☐ Finish both sentences.

push pull away from toward

1  I _____ the toy train.
It moves _____ me.

2  I _____ the toy duck.
It moves _____ me.

WHICH? WHICH IS EASIER?

My name: _____ Date: _____

☐ Which one is easier? Circle it.

1 Which is easier to push?  

2 Which is easier to pull?  

3 Which is easier to push?  

SET A CUT AND GLUE

My name: _____ Date: _____

☐ Cut out the pictures. Glue each one in the right box.

→ push

← pull

TRACKER PUSH AND PULL TRACKER

PAGE	PAGE TYPE AND SET	ITEMS	RIGHT	DATE	NOTES
7	Push or Pull A	6			
8	Push or Pull B	6			
9	Push or Pull C	6			
10	Away or Toward A	6			
11	Fill in the Word A	5			
12	Fill in the Word B	5			
13	Which Is Easier A	5			
14	Cut and Glue A	8			
15	Cut and Glue B	8			



One complete kit for push and pull: circle the word, say which way it goes, fill in the sentence, decide which is easier, cut and glue onto a push mat and a pull mat, and draw it — on pages with room to work, untimed.

THREE STEPS

1 Read a push and a pull together

Page 5 shows one push and one pull, each with an arrow. Page 6 is a word mat the child can keep beside them. Read both aloud, then let the child finish the two sentences.

2 Hand over a page

Every student page opens with a name line and one short instruction, and the boxes are big. Nothing on it is written for you, so the child can start. The chart below says which page for which child; the dots at the top right are the only level code.

3 Check it, record it, send it home

The answer keys are pages 19 and 20. Date each page on the tracker (page 21), roll a group up on page 22, and send the home page (24). A filled example is on page 25.

WHICH PAGE, WHEN

WHEN...	USE...
Meeting push and pull for the first time	Push and Pull, page 5 · Circle, page 7
Reads the arrow but not the picture	Push or Pull? Set B and Set C, pages 8 and 9
Needs to cut, glue and place	Cut and Glue, pages 14, 15, 16
Ready to say which way it goes	Away or Toward?, page 10
Ready to write the word	Fill in the Word, pages 11, 12
Ready to think about heavy and light	Which Is Easier?, page 13
Likes to draw and tell	Draw It, pages 17, 18
Ready to practice at home	Home page, page 24 · notes: page 23, phrase bank 26

Everything inside (29 pages)

- **14 student pages** in 8 page types: Push and Pull, My Push and Pull Words, Push or Pull?, Away or Toward?, Fill in the Word, Which Is Easier?, Cut and Glue and Draw It
- **68 scored items** on 10 pages, every answer computed in code
- **18 drawn scenes** (9 pushes, 9 pulls) and **29 cut-and-glue pieces** on 3 sort mats
- **2 answer keys, 1 tracker, 1 class grid**
- **1 team note, 1 home page, 1 filled example, 1 phrase bank**
- **1 binder cover, 6 divider tabs** and a spine label

Print note

No question here depends on a color: the answer is in where the child's hands are and which way the arrow points. Print in color or in black and white. The child is drawn leaning in for a push and leaning back for a pull on every page.



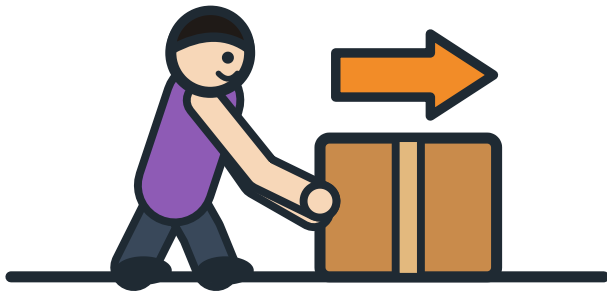
My name: _____

Date _____



Look at a push and a pull. Then finish the sentences.

Push



A push moves it away from me.
I push the box.

Pull



A pull moves it toward me.
I pull the wagon.



push: away from me



pull: toward me

Your turn.

I can push a .I can pull a .



My name: _____

Date _____



☐ Is it a push or a pull? Circle the word.

1



push

pull

2



push

pull

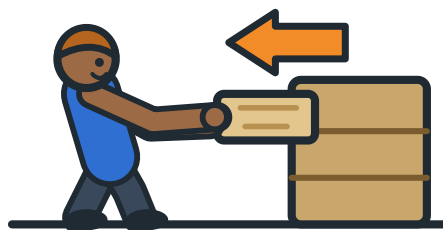
3



push

pull

4



push

pull

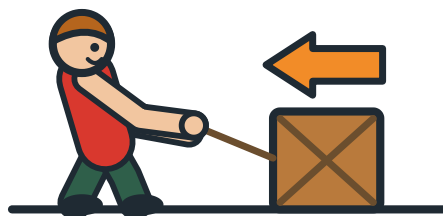
5



push

pull

6



push

pull



My name: _____

Date _____



☐ Which way does it go? Circle the words.

1



away from me

toward me

2



away from me

toward me

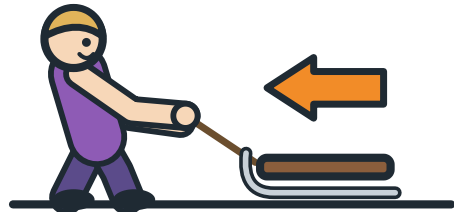
3



away from me

toward me

4



away from me

toward me

5



away from me

toward me

6



away from me

toward me



My name: _____

Date _____



Write push or pull to finish the sentence.

push pull

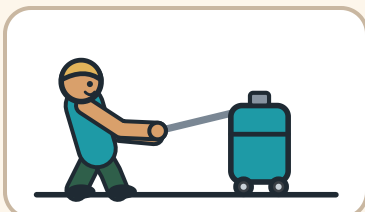
1

I the cart.

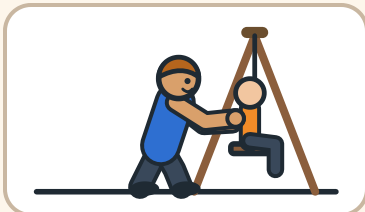
2

I the toy train.

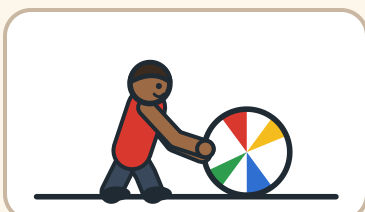
3

I the suitcase.

4

I the swing.

5

I the big ball.



My name: _____

Date _____



☐ Which one is easier? Circle it.

1

Which is easier to push?



2

Which is easier to pull?



3

Which is easier to push?



4

Which is easier to push?



5

Which is easier to pull?



The easier one is .

light heavy



My name: _____

Date _____



Cut out the pictures. Glue each one in the right box.



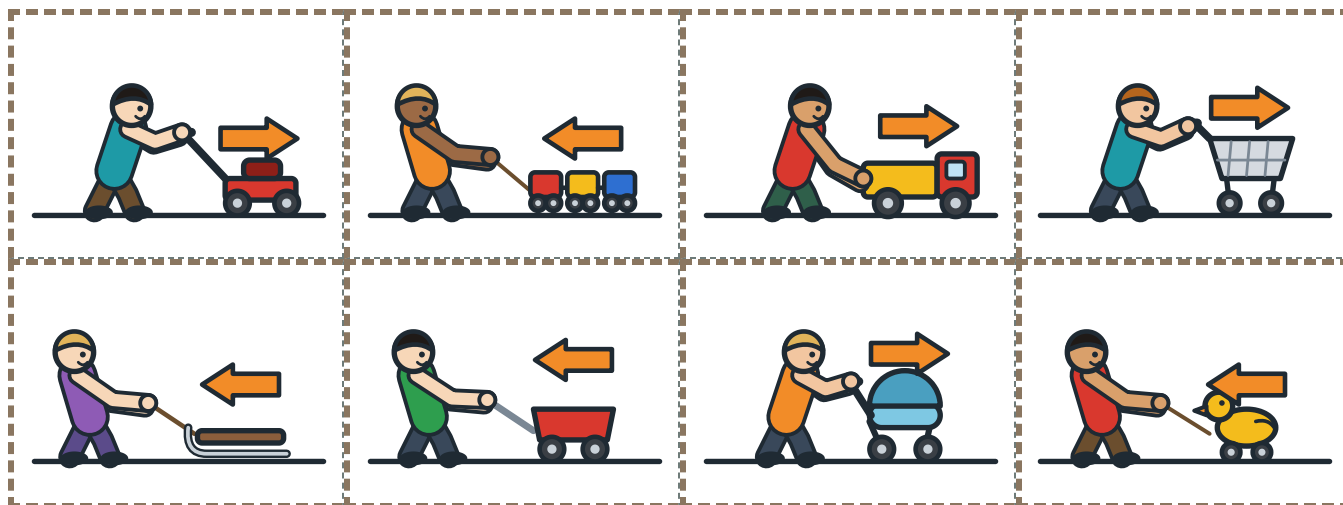
push



pull



Cut on the dashed lines.





STUDENT

TEACHER

MONTH

PAGE	PAGE TYPE AND SET	ITEMS	RIGHT	DATE	NOTES
7	Push or Pull A	6			
8	Push or Pull B	6			
9	Push or Pull C	6			
10	Away or Toward A	6			
11	Fill in the Word A	5			
12	Fill in the Word B	5			
13	Which Is Easier A	5			
14	Cut and Glue A	8			
15	Cut and Glue B	12			
16	Cut and Glue C	9			

How to fill this in

Write how many items the child got right with no prompt, and the date. A blank means not tried yet, never wrong. There are 68 items on the 10 pages above; Push and Pull, My Push and Pull Words and Draw It (pages 5, 6 and 17 and 18) are not scored. Answer keys: pages 19 and 20. Filled example: page 25.

THIS MONTH WE ARE WORKING ON (YOUR OWN WORDING)





Mia R. is invented; nothing on this page describes a real student. The blank tracker is on page 21.

STUDENT

TEACHER

MONTH

Mia R. (an invented student)

Mr. Reyes (invented)

October

PAGE	PAGE TYPE AND SET	ITEMS	RIGHT	DATE	NOTES
7	Push or Pull A	6	6	10/5	–
8	Push or Pull B	6	5	10/6	Needed a prompt on item 3
9	Push or Pull C	6	–	–	–
10	Away or Toward A	6	6	10/7	–
11	Fill in the Word A	5	4	10/8	Said the word out loud, then wrote
12	Fill in the Word B	5	–	–	–
13	Which Is Easier A	5	5	10/9	–
14	Cut and Glue A	8	8	10/12	–
15	Cut and Glue B	12	–	–	–
16	Cut and Glue C	9	–	–	–

How to read it

Mia R. has done **6 of 10** scored pages and got **34 of 36** items right with no prompt. **4** pages were all right. Every number here comes from the table above.

The family note this tracker would produce

“This month Mia finished 6 push and pull pages and got 34 of 36 items right. Mia needed a little help on one picture with no arrow and said the word out loud before writing it on Fill in the Word; more practice looking at where the hands are is next.” — every fact in it is a row of the table above.

What the table points to

Two pages carry a note and each is one item short of full. Pages left blank (4 of them) are not tried yet, never wrong.





THANK YOU FOR USING THIS RESOURCE

Everything here was built for the teacher who has a table of children who each need a different amount of support telling a push from a pull. If this helped, leaving feedback on TPT helps other teachers find it.

Everything inside, one more time

- **14 student pages** in 8 page types, 68 scored items, every answer computed in code from the data that draws the page.
- **18 drawn scenes, 29 cut-and-glue pieces** on 3 sort mats, **2 answer keys, 1 word mat.**
- **1 tracker, 1 class grid, 1 team note, 1 home page, 1 filled example, 1 phrase bank** (16 starters), **1 binder cover** and divider tabs.

How this file avoids guessing

Wherever a child chooses among printed spots — push or pull, which picture is easier, the order of the pieces on the cut strip — the position of the right answer is checked in code so it never sits in the same spot three times in a row. Every picture is drawn in code, which is why the file renders the same way every time it is opened.

No real student anywhere in this file

The filled example on page 25 names “Mia R.,” an invented student used only to show how the tracker fills in. No table, note or score anywhere in this resource describes a real child, and nothing here is a clinical judgment, an eligibility timeline, or a medical claim of any kind. Once you fill in a real student’s name, the tracker, class grid and team note (pages 21, 22 and 23) do carry real information — keep completed pages secure the same way you would any other record.

Something missing or wrong?

Please use the **Ask a Question** tab on the product page first — every question is read, and a fix to the file is a free update you re-download from **My Purchases**.

WHAT'S NEXT FROM THIS STORE

More sorting and early science once push and pull is solid.



Push and Pull Sort Picture Cards

Picture cards to sort push and pull, with data sheets, for a language or concept-word program.



Living vs Not Living Sort Task Box

A sorting task box for independent science work.



Sorting by Attributes Worksheets

Sort by color, size, shape and sides: circle, odd one out, cut and glue.

Part of the K-2 Math Practice collection — new products in this collection are added regularly. Click **Follow** on the store page and TPT will email you when they go up.

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