

Nova's Guide to Forces

Push, pull, and zoom! Discover the invisible forces that move our world.

- A force is a push or a pull that can change how an object moves.
- Friction happens when two surfaces rub together and slow things down.
- Rough surfaces, like carpet, create more friction than smooth surfaces, like ice.
- Air resistance is a type of friction that pushes against objects moving through the air.
- Forces can make objects speed up, slow down, or change direction.

Did you know? Did you know? If there was no friction, you would slide across the floor like you were walking on ice all the time! Friction is the force that helps your shoes grip the ground so you can walk safely.

Key vocabulary: Force · Friction · Surface · Resistance · Push · Pull