Name: Date: Score: / 8

Balanced Forces: Learn and Practice

Will it move, or will it stay still?

Read each question. Circle the best answer.

💡 Balanced Forces

- A force is a push or a pull.
- Balanced forces are equal and opposite, so the motion does not change.
- Unbalanced forces make an object start, stop, speed up or change direction.
- tug of war, both teams pull equally: balanced, the rope stays still

1 🪴 A hanging plant is not moving. Which force balances gravity pulling it down?

A. Its leaves growing B. The rope pulling up
C. Sunlight shining on it
D. Wind pushing sideways

2 What do unbalanced forces do to an object?

A. Make it lighter B. Change how it moves
C. Change its color D. Make it invisible

3 🪢 In a tug of war, both teams pull with the same strength. What happens to the rope?

A. It stays still B. It snaps in half
C. It moves left fast D. It floats up

4 What is a force?

A. A type of sound B. A push or a pull
C. A kind of color D. A measure of heat

5 ⚽ You kick a ball that was sitting still. What made it move?

A. The color of the ball B. No force at all
C. A balanced force D. An unbalanced force

6 📦 Two children push a box from opposite sides with equal force. What does the box do?

A. It stays still B. It slides right C. It spins fast
D. It slides left

7 📘 A book rests on a table and does not move. The forces on it are...

A. Missing B. Unbalanced C. Balanced
D. Magnetic only

8 In a tug of war, Team A pulls harder than Team B. Which way does the rope move?

A. Toward Team A B. It stays still
C. Toward Team B D. Straight up

✏️ Explain it! Write two facts you learned about balanced forces.

ANSWER KEY

Balanced Forces: Learn and Practice (answers)

Will it move, or will it stay still?

Read each question. Circle the best answer.

1 🪴 A hanging plant is not moving. Which force balances gravity pulling it down?

A. Its leaves growing **B. The rope pulling up**

C. Sunlight shining on it

D. Wind pushing sideways

The rope pulls up just as hard as gravity pulls down, so the forces balance and the plant hangs still.

2 What do unbalanced forces do to an object?

A. Make it lighter **B. Change how it moves**

C. Change its color D. Make it invisible

Unbalanced forces change motion. They can start, stop, speed up or turn an object.

3 🪢 In a tug of war, both teams pull with the same strength. What happens to the rope?

A. It stays still B. It snaps in half

C. It moves left fast D. It floats up

Equal pulls in opposite directions are balanced forces, so the rope does not move. Nice thinking!

4 What is a force?

A. A type of sound **B. A push or a pull**

C. A kind of color D. A measure of heat

A force is any push or pull. Forces can make things move, stop or change direction.

5 ⚽ You kick a ball that was sitting still. What made it move?

A. The color of the ball B. No force at all

C. A balanced force **D. An unbalanced force**

Your kick was a strong push that nothing balanced, so the ball started to move. Great kick!

6 📦 Two children push a box from opposite sides with equal force. What does the box do?

A. It stays still B. It slides right C. It spins fast

D. It slides left

The two pushes are equal and opposite, so they balance out and the box stays put.

7 📘 A book rests on a table and does not move. The forces on it are...

A. Missing B. Unbalanced **C. Balanced**

D. Magnetic only

Gravity pulls the book down and the table pushes up just as hard, so the forces are balanced.

8 In a tug of war, Team A pulls harder than Team B. Which way does the rope move?

A. Toward Team A B. It stays still

C. Toward Team B D. Straight up

The bigger pull wins. The forces are unbalanced, so the rope moves toward the stronger team.