

## What forces are and what they do

A force is one thing acting on another.

You can't see a force but you can often see what it does.

What push and pull forces do is often easy to see and identify because they can get things moving.

Forces can make things move, stop, speed up, slow down, change direction, turn or change shape.

Because forces can't be seen they are often talked about in terms of the effect they have, like pushing, pulling, bending, twisting, squeezing and stretching.