

# T's Super Speedway: Push and Pull Adventure!

## Materials Needed:

- A variety of toy cars (different sizes/weights if possible)
- Ramps:
  - A sturdy piece of cardboard or a flattened cardboard box
  - A smooth plank of wood (ensure no splinters, child-safe)
  - A cookie sheet or plastic tray (for a smooth surface)
- Books or stable blocks to change ramp height
- Optional: A piece of fabric (like a towel or felt) to create a textured ramp surface
- Optional: String to tie to a car for pulling experiments (ensure it's not a strangulation hazard, use short pieces under supervision)

## Lesson Activities:

### Warm-up: Meet the Cars! (5 minutes)

1. Gather T and show excitement: "Hi T! Are you ready for a super fun car adventure today? We're going to make cars go VROOOM!"
2. Introduce the cars: "Look at all these amazing cars! Which one do you want to play with first?"
3. Basic Push & Pull on the floor: "Let's try to PUSH this car. Can you PUSH it? Good job! Now, can you PULL it back to me? PULL, PULL, PULL! Fantastic!" Model the words and actions clearly.

### Activity 1: Ramp Racers - Exploring PUSH (10-15 minutes)

1. Set up a simple, low ramp (e.g., cardboard resting on one small book).
2. Ask T: "Here's our first ramp! If we put your car at the top, what will happen if you PUSH it gently? Let's see!"
3. Encourage T to push the car down. Cheer: "Wow! Look at it go! You PUSHED it down the ramp!"
4. Experiment with force: "What happens if you give it a BIG PUSH? What about a tiny, soft PUSH?" Observe together.
5. Introduce vocabulary: "That was a FAST push! The car went zoom! That was a GENTLE push, and it went slower."
6. Change ramp height: "Let's make our ramp a little taller! (Add another book). Now, if you PUSH the car, do you think it will go faster or slower? Let's try!"

### Activity 2: The Mighty PULL! (5-10 minutes)

1. If using a string (short, and supervised): Tie it to a car. "Now, let's try to PULL the car UP the ramp. It's tricky! PULL, PULL, PULL! You did it!"
2. Pulling on the floor: "Can you PULL the car across the floor to your friend (a stuffed animal, or just towards you)?"
3. Connect to real life: "We PUSH buttons, and we PULL open drawers! Pushing and pulling is everywhere!"

### **Activity 3: Texture Track & Free Roam! (10-15 minutes)**

1. Introduce a different ramp surface if available (e.g., a smooth cookie sheet vs. a ramp covered with a towel/felt).
2. Prompt T: "Let's try this bumpy ramp! How does the car move when you PUSH it here? Is it different from the smooth ramp?"
3. Allow T to freely experiment with different cars, ramp heights, and surfaces. Encourage T to try pushing cars from the bottom of the ramp upwards, or letting them roll down without a push.
4. Observe and narrate T's discoveries: "Oh, you noticed the big car needs a bigger PUSH!" or "The car is going very slowly on the fluffy towel ramp, isn't it?"
5. Ask simple questions to encourage thought: "What happened when you did that?" "Where did the car stop?" "How can we make it go further?"

### **Cool Down & Chat (5 minutes)**

1. Gather the cars: "Wow, T, our cars had such an adventure today! We learned so much about PUSHING and PULLING."
2. Review: "Can you show me one more time how to PUSH a car?" (T demonstrates). "Excellent pushing!"
3. "And can you show me how to PULL a car?" (T demonstrates). "Amazing pulling!"
4. Conclude positively: "Pushing and pulling helps us move things and play! You were a fantastic car scientist today, T!"