

What Is Energy?

Take a look around. There are lots of things happening.

Leaves move on trees, cars travel along the road, planes soar through the sky, lights brighten up our rooms. All of this happens because of energy.



Energy is what makes things move, change and carry out work.

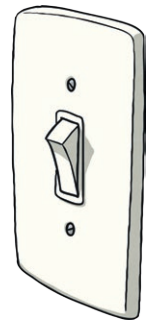
For example, if you're playing football or hockey with your friends, you use some of your energy in order to do this.

Switching a light in your home also takes energy!

But these types of energy are not the same. There are lots of different types of energy. We can even store it and use it at a time that suits us!

Do you know any types of energy?

Write them in the box below...



Some activities don't use a lot of energy at all, for example, scratching your nose!

Some other activities use lots of energy, for example, blasting a rocket off the earth uses **huge** amounts of energy to get it off the ground!

