## Question of the Day:

The picture below shows the toy with a spring inside it.

Which type of energy would the toy have if you pushed down and held the spring in the toy?

- A. Electrical
- B. Kinetic
- C. Potential
- D. Thermal



## Energy All Around

- Energy is the ability to cause changes in matter.
  - Involved
    - Moves or changes
    - Temperature
    - Transform or changes from one form to another

Energy is never used up



## Which of the following is not true?

- 1. Energy can cause a change in matter.
- 2. Energy can change from one form to another.
- 3. Energy can be used up and destroyed.
- 4. Energy can be transferred from one object to another.

## Potential and Kinetic Energy



- Potential Energy energy an object potential has based off its position and/or condition
  - Ex: A roller coaster is at the top of the peak
- Kinetic Energy energy an object has because of its motion.
  - Ex: The roller coaster moving down the track.