**Energy**

1. **Energy** – The ability to make things change
2. movement & growth are two kinds of changes
3. can move from one object to another
4. can move from one place to another
5. **Types of Energy**
6. **Kinetic** – energy of motion (running, jumping)
7. Amounts of kinetic energy
   * + 1. depends on how fast an object is moving
       2. depends on how much mass an object has
8. **Potential** – energy that an object has because of its condition or position. (stored energy)
9. **Forms of energy**
10. Sound
11. Light
12. Thermal
13. Electrical
14. Chemical
15. Nuclear
16. **Sources of Energy**
17. **renewable** – natural source and can be used again and again. It’s free (a lot of it), and eco-friendly (safe for the environment)
18. sun
19. wind
20. rain
21. tides
22. **non-renewable** – can’t be reused, it’s limited, not eco-friendly, can have dangerous affects on our health, and will vanish someday.
23. gas
24. oil
25. coal
26. fossil fuels