

Energy Detective Journal

Use the following journal sections to record your investigations on energy use. As you write your entries:

1. Place a star beside the activities that require energy.
2. Underline the activities that show kinetic energy.
3. Circle those that show potential energy.

Caring for You

Record everything you do to care for yourself – like brushing your teeth or eating breakfast.

Learning

Record everything you do for learning – like reading, researching, or doing homework.

Getting Around

Record every different way you get around – like walking or riding in a car.

Fun

Record everything you do for fun – like coloring, riding a bike, playing games, or watching television.