Heat



Image courtesy of Adobe Stock

Fire



Hairdryer



Iron



Grill

Heat makes change. Heat is energy.

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Heat

TEACHER

Heat Is Energy

We use **heat**, called **thermal energy**, every day. We cannot see heat, but we can feel it. Our bodies make heat, and our stoves and lights do, too. We heat our houses, our food, and our water.

Sometimes there is too much heat and we move it. Refrigerators take heat away from the food inside. Air conditioners take heat from inside the house and move it outside. Swimming pools take heat from our bodies, so more people in a pool will make the temperature go up!

Discussion Questions

1. How do the things in the pictures (on page 10) make heat?
2. How is heat important to us?
3. What other things make heat? *(toaster, pets, clothes dryer, TV, oven, etc.)*
4. How do jackets help keep us warm? *(They hold in the heat from our bodies.)*
5. How do you keep your house warm in the winter? *(Turn on a heating system.)*

Activities

1. Have the students rub their hands together quickly to feel the heat produced by friction.
2. Have the students put one hand in the sun and one in the shade and feel the difference as the sunlight hits their skin and turns into heat.