

Forms of Energy Review Activity

Energy Match-Up

Draw a line to match each energy form to its example.

Energy Form	Example
Thermal Energy	A battery in a toy
Kinetic Energy	A book on a shelf waiting to fall
Mechanical Energy	Heat from a campfire
Nuclear Energy	A spinning top
Potential Energy	Power from a nuclear power plant
Chemical Energy	Electricity in a light bulb
Electrical Energy	Energy stored in food

Fill in the Blank

Complete each sentence with the correct energy form from the word bank.

Word Bank: thermal, kinetic, mechanical, nuclear, potential, chemical, electrical

1. The _____ energy in a battery powers your video game controller.
2. When you throw a ball in the air, it has _____ energy because it is moving.
3. A stretched rubber band has _____ energy stored inside it.
4. The _____ energy from the sun warms your skin on a hot day.
5. A fan spinning uses _____ energy to move the blades.
6. The _____ energy in an apple gives you power when you eat it.
7. _____ energy comes from atoms splitting apart in a power plant.

Energy Action Game

How to Play: Call out an energy form. Students act it out for 10 seconds, then freeze!

Actions for Each Energy Form:

Energy Form	Action
Thermal Energy	Hug yourself and sway side to side like you're warming up by a fire. Say "Warm, warm, warm!"
Kinetic Energy	Run, skip, or dance around the room as fast as you can!
Mechanical Energy	Pretend to be a spinning fan or a turning wheel. Spin around with your arms out.
Potential Energy	Stand on your tiptoes and stretch your arms up high, like you're about to jump or fall. Hold very still!
Chemical Energy	Pretend to eat food and rub your belly. Make a happy face and give a thumbs up!
Electrical Energy	Shake your whole body like electricity is zipping through you. Say "Bzzzzzz!"
Nuclear Energy	Stand in the middle and slowly spin faster and faster, then freeze like an explosion happened!

Tip: Play music while students act out the movements. Stop the music to signal "freeze!"

Answer Key

Energy Match-Up

- Thermal Energy → Heat from a campfire
- Kinetic Energy → A spinning top
- Mechanical Energy → A spinning top (or a fan)
- Nuclear Energy → Power from a nuclear power plant
- Potential Energy → A book on a shelf waiting to fall
- Chemical Energy → Energy stored in food
- Electrical Energy → Electricity in a light bulb

Fill in the Blank

1. electrical
2. kinetic
3. potential
4. thermal
5. mechanical
6. chemical
7. Nuclear