

What Is Energy?



Topic: Energy
Grade: Kindergarten
Duration: 15 – 30 minutes

Students will discuss what energy is and how they use it.

Curriculum Expectations

- Ks12: Identify energy sources used by familiar tools or toys (e.g., electricity, wind, batteries)
- Ke11: Use language to connect new experiences with what they already know
- Kp16: Identify nutritious foods (e.g., healthy snacks)

Background Information

Energy is the capacity to make things move. Energy is available in two forms, kinetic and potential. Kinetic is active and found in heat, light, sound and motion. Potential energy is stored in coal, batteries or food, for example.

Accountability

Students will know what energy is. Students will know the difference between good or bad energy choices for their bodies and their toys.

Teacher Notes

1. Gather students for circle time and show them types of energy.
2. Present the food students eat for snack or lunch. What kinds are healthy? What kinds are not?
3. Discuss how students feel before they have the snack to eat and after. How does their body use the food energy to create movement?
4. How does this relate to toys in the room? What “food” energy do they need to eat for movement? Which toys use batteries, wind up or are electrical?
5. Discuss if these sources of energy are healthy or not.

Home Extension

Check out healthy foods and discuss what kind of energy it gives us. Look around the house at their toys to decide what choices for energy are good and what ones could be improved (e.g., reusable batteries, not disposable ones)

Lesson Comments

What choices did the students make that surprised you?
What reaction did the parents have in looking at foods their children eat as an energy source?
Did you notice any changes in food the children brought to class after this lesson?