**Central Idea:** Energy can occur in different forms, can be transformed from one form to another, but it cannot be created or destroyed.

**Station 1: rubber band stretch**

1. Place your index fingers in the rubber band so that each finger is inside of the band and pull until it’s straight, but not stretched.
2. Hold the band to your forehead. It should feel room temperature or cool.
3. Using your index fingers, pull the rubber band so that it’s stretched tight, then release. Repeat this several times.

Energy Transformation: (stretching) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station 2: Glow stick**

1. Break the glow stick to make it glow

Energy Transformation: (before beaking) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(after breaking)

**Station 3: Wind Up Toy**

1. Wind up the toy (doing this winds the spring inside giving it potential energy).
2. Let go and observe.

Energy Transformation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station 4: Balloon**

1. Blow up the balloon (the air stretches the balloon giving stored elastic energy).
2. Hold the balloon stem to keep the air inside.
3. Let go and observe the balloon/

Energy Transformation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Station 5: Hand Warmer**

1. Open the hand warmer and wait a few seconds
2. Hold the warmer, what do you feel?

Energy Transformation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_