



Virginia Region II Annual Teacher Night at Jefferson Lab 2025

Activity Title: **Exploring Energy Transformations Stations (Stations 2-5)**

Type: Student Activity

Grade Level: Grade 5

Time Allotment: 1 hour - five quick stations and discussion before (expectations) and after (learning)

Objectives with Correlated SOLs:

5.2b Identifying forms of energy

5.2c energy transformations

The student will describe everyday examples of energy changing forms.

Materials List (including equipment):

- Station 2: Hand Warmers
- Station 3: Glow Sticks
- Station 4: Thick Rubber Bands
- Station 5: Paper Clips

Teacher Contact Information:

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