

A young girl with dark hair is lying down, reading an open book. She is holding a bright yellow flashlight in her right hand, which is illuminating the pages of the book. The background is a soft, out-of-focus purple and blue. A blue speech bubble with a white border is overlaid on the left side of the image, containing the text 'How Does Energy Help Us?'.

# How Does Energy Help Us?



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**sound energy**

**light energy**

**heat energy**

Energy is heat, light, and sound.  
Energy helps us.

**We cook with heat.**



**Heat feels warm.**

Heat is a kind of energy.  
Heat helps us cook food.  
Heat makes us feel warm.



**light from sunlight**



**light from fire**

Light is a kind of energy.  
Light comes from many things.



**flashlight**

We see with our eyes.  
Light helps us see.



**sound**

**vibrate**

Sound is a kind of energy.  
Things move back and forth quickly.  
They vibrate. This makes sound.





**television**

**music**

**talking**

We hear sound with our ears.  
Sound helps us learn.  
Sound helps us hear music.



# Responding

## Use Your Senses

Have children observe the classroom with a partner. Tell them to use their senses to safely explore light, heat, and sound energy. Ask them to make a list of how each one is used in the room.

## Write About Energy

Have children copy and complete these sentences. Then ask them to write or draw two examples of where light comes from and two examples of how they use light. Have them repeat the activity with heat energy and sound energy.

I see light with \_\_\_\_\_.

I feel heat with \_\_\_\_\_.

I hear sound with \_\_\_\_\_.

## Vocabulary

heat

sound

light

vibrate



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