



# The power of energy

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Do you like to play sports, talk to your friends and listen to music? We need energy to do these things. Without energy, nothing can move or change. We need energy to warm our bodies and homes, run our cars and cook our food. Energy is used when we feel heat, see light, hear sound or make something move.

Energy is the ability to do work. All living and non-living things contain energy. It exists all around us.



Energy comes in many forms. We use light energy to see things. Electrical energy is used when you charge your phone or watch the TV. If you listen to music, that is sound energy coming from the vibrations. Gravitational energy is what pulls you to the ground. If there was no gravitational energy you would fly into the sky. We get heat energy from the Sun which keeps us warm. Fireworks generate three forms of energy: sound, light and thermal.