

Caring for You

Record everything you do to care for your body—like brushing your teeth or eating breakfast. Put an ★ next to each thing that uses energy.

Learning

Record everything you do for learning like reading or doing homework. Put an * next to each thing that uses energy.

Getting Around

Record every different way you get around—like walking or riding in a car. Put an * next to each thing that uses energy.

Activity 1: Energy Detectives

Student Page

Record everything you do for fun—like coloring or riding a bike. Put an * next to each thing that uses energy.

Other Energy

Record something else you see or do that uses energy.

Other Energy

Record something else you see or do that uses energy.

Other EnergyRecord something else you see or do that uses energy.