

Movement Makes Heat

KIDS HANDS-ON

RUN AT 9:50

10 MIN

The point

One form of energy turns into another **in your own hands**: movement becomes heat you can feel.

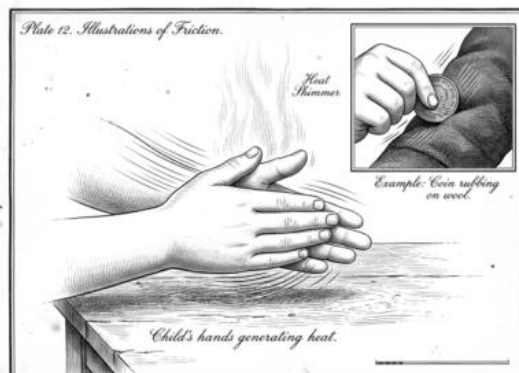
Materials

- One coin per child
- Bare palms • a pant leg or carpet patch

Steps

- 1 **PREDICT** on the worksheet first: after 20 seconds of rubbing, hands will feel **warmer** / **the same**.
- 2 Everyone rubs palms together **hard and fast for 20 seconds**, then presses them to a cheek.
- 3 Now the coin: rub it fast on a pant leg for 15 seconds, then touch it to the lip (the lip feels small heat best).
- 4 Circle what really happened on the worksheet. Which form went IN? Which came OUT?

Say: “Nobody lit a fire. Your **MOVEMENT** became the heat — one form of energy turning into another, right in your hands.”



TEACHER PREP

Wipe a stretch of tabletop; hand out coins.
Nothing else — this one runs on muscle.

What to watch for

- The cheek/lip test lands better than asking “are they warm?” — the sensing skin is the instrument
- Kids who rub gently feel nothing — effort IS the energy input

EXPECTED RESULT

Palms and coin come out genuinely warm.
Movement energy became heat energy — the lesson's first conversion, owned by every child.