

Name: \_\_\_\_\_



# Energy Warm Up



1. What does it mean when somebody refers to you as a 'bundle of energy?'

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2. What does it mean when somebody says they don't have any energy?

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3. What do we need energy for?

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4. Make a list of things that take more energy and things that take less energy:

**For example:** *It takes more energy to mow the lawn but less energy to read a book.*

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