

## Energy

# Forms of Energy

*Energy is the ability to do work. Energy can make things move or change and can be transferred from one form to another and from one object to another.*

Energy comes in many different forms, including:

- kinetic energy
- thermal energy
- electrical energy
- heat energy
- light energy
- sound energy (acoustic energy)

## Kinetic Energy

Kinetic energy is the energy of motion. Everything that moves has kinetic energy. For example, a ball that is thrown, a person running, or a car that is moving all have kinetic energy.

The amount of kinetic energy that an object has depends on the mass and velocity of the object. For example, a car moving at 60 miles per hour has more kinetic energy than the same car moving at 30 miles per hour.

