



# Storing and changing energy

## energy-forces

**What you need:** elastic bands (assorted, classroom-safe) · rubber-band car or empty thread spool with stick/matchstick axle · wind-up toy · ruler or plastic spoon for a simple catapult · soft paper balls (scrunched scrap paper) · string and a small weight (e.g. a metal nut or large button) · Investigation Journal page

### Words to use

Stored energy · Movement energy · Energy chain

### Our question

How can we store energy, and what does that stored energy change into?

I predict...because...

### Draw and label the order

### Labels to use

energy stored in the stretch · band snaps back · car rolls

### The order I found

At which station was the change from store to movement easiest to see?

What happened when you used a bigger stretch or more winds before you let go?

