

# 20 Fun Energy Facts For Kids



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1. Energy is what **powers or makes things work**, including humans.
2. Energy can be described as **Potential energy** (stored in an object/person at rest) or **Kinetic energy** (in motion energy). A good way to think of this is when you hold your basketball, it has potential energy, but when you shoot it towards the hoop it has kinetic energy.
3. Energy comes in **many different forms** including heat (thermal), light, electrical, chemical, movement (kinetic), nuclear, gravitational, and sound.
4. Energy **transforms** into different types of energies, depending on how it is used.
5. Electrical energy is the **most widely used form of energy** in the world.
6. For electric energy to be used, it must pass through a **conductor**, such as metal wire.
7. English scientist **William Gilbert** is credited with discovering electricity in the 1600's.
8. The word energy comes from the **Greek word** for activity, *energeia*
9. For many years our electrical energy was produced by **burning fossil fuels** such as coal, gas, oil, turf etc. These resources occur naturally over millions of years but will eventually run out.
10. Fossil fuels must be burned to produce energy and this can emit harmful gases (known as **greenhouse gases**) into the environment.
11. **Fossil fuels** are the result of the decomposition of plants and animals. They must be burned to produce energy.
12. Newer methods of energy production are known as **green energy** or renewable energy and they are much kinder to the environment.
13. **Green energy solutions** harness the power of our natural resources, such as wind, sun (solar), water (rivers and oceans), earth/soil (geothermal) to produce the electrical energy needed to power homes, cars and businesses.
14. **Geothermal energy** comes from heat stored deep within the earth's crust.
15. **Thermal energy** is measured in joules and is the energy that comes from heat.
16. Plants use energy from the sun (heat) to make their own food and release oxygen. This process is known as **photosynthesis**.
17. Food contains energy and this is measured in **calories** or **joules**.
18. When we digest our food, chemical energy is released and stored as **potential energy**. This is transformed to **kinetic energy** when we move, grow, etc.
19. **Sound energy** is produced from the vibrations of one object applying force to another object. Sound energy is measured in decibels and pascals.
20. **Chemical energy** is released during the transformation of one substance to a new substance.