

| Type of Energy | Definition | Words or Phrases to Remember | examples |
|-----------------------|--|---|---|
| Mechanical | Potential energy + kinetic energy | Ability to do work | Throwing a football |
| Thermal | Total potential and kinetic energy of particles in an object | Particles are moving quickly | Lava flowing from volcano |
| Chemical | Potential energy stored in chemical bonds | Bonds, see, touch, taste, foods, cells in your body | You eat grapes that have chemical energy. After your body can use this energy |
| Electrical | Energy of electric charges | Shock, electricity | Batteries, power lines, lightning |
| Sound | Vibrations create sound waves | Noise, talking, music | Playing an instrument |
| Light | When light strikes an object, the light can be reflected, transmitted, or absorbed | Sun rays, sunshine, light bulbs, color, fire, sparks | Same as box to the left |
| Nuclear | Potential energy stored in the nucleus of an atom. Released during nuclear reactions | Nuclear fission- nucleus splitting Nuclear fusion- when nuclei join together | The sun |