

Name: _____ Date: _____

Ideas for Activities

Below are some ideas for activities that you can record with the app to explore energy. Write five of your own ideas for activities in the blank spaces.

★ **Swinging/Pendulum**

- Dropping a ball
- Throwing a hula-hoop in the air and catching it
- Slinky going down the stairs
- Dancing
- Playing with a Yo-Yo
- Gymnastics
- Playing leapfrog
- Going down a slide
- Launching a stop-rocket

- _____
- _____
- _____
- _____
- _____

Plan for Filming

When you go outside, you will probably come up with more ideas of activities to explore, but it's always good to start with a plan!

All groups need to record a video of someone swinging or of a pendulum swinging.

Place a star next to *three additional activities* listed above that you want to make sure to do while outside. There is already a star by playing catch so you won't forget.