How Heat Moves



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A Cold Day

It is cold outside. But you want to play. You wear a coat. You play hard and get too hot. So you take off your coat.



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Then, you rest. But soon you feel cold again. You put on your coat!



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Molecules and Heat Energy

Why does your body heat change? To find out, you need to know about **molecules** (MOL-uh-kyoolz).



You, Too!

Even you are made of molecules!

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All things are made up of tiny bits called *molecules*. We cannot see them. But they are there and moving all the time.



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Let's Do Science!

What can slow the melting of an ice cube? Try this and see!

What to Get

- ice cubes
- plastic bowl
- things to wrap around ice cubes, such as foil, fabric, and a plastic bag
- timer

