

Energy & Me

Written by Bill Brennan and James Brennan © 2001

Potential and Kinetic are states of energy
which is which is easy to see
Kinetic is moving, like waves on the shore
Potential is the energy that's stored

*Energy and Me I use it every day
Energy and Me when I work and when I play
Energy and Me it comes in two states, do you get it?
Energy and Me it's potential or it's kinetic
look at that thing move!*

Potential energy means energy that's stored
like the snow on the mountain sitting pretty just before
it melts into a river that makes turbines turn
that light the lights that help you learn

Chorus

From many different sources we get our energy
we burn fuel, split atoms for electricity
we capture light in solar panels windmills use the wind
the sun is where our energy begins

Kinetic energy is the energy of motion
colliding atoms or currents of the ocean
it's legs pumping pedals, it's hands pulling handles
it's wind whipping flags, it's flame burning candles
oh, it's hot!