



# Keeping Warm

If you could wear a jacket underneath your skin to keep you warm, would you? Discover how whales use their blubber as an insulator to protect them from the freezing ocean temperatures. Explore the cause and effect of heat transfer as you experiment with your very own blubber!

## TEKS:

- K.6A Use the five senses to explore different forms of energy such as light, heat, and sound.
- 1.6A Identify and discuss how different forms of energy such as light, heat, and sound are important to everyday life.
- 2.6A Investigate the effects on an object by increasing or decreasing amounts of light, heat, and sound energy.
- 3.6A Explore different forms of energy, including mechanical, light, sound, and heat/thermal in everyday life.
- 4.6B Differentiate between conductors and insulators.
- 5.6A Explore the uses of energy, including mechanical, light, thermal, electrical, and sound energy.

## How To

### Materials:

- Bowl
- Cold water
- Ice
- Kitchen mitten
- Paper towels
- 3-Sandwich sized plastic bags
- Shortening (optional)

1. Pour cold water into the bowl and add ice. Make sure the water is cold.
2. In one hand wear the kitchen mitten, and wear the baggie around the mitten so that the mitten doesn't get wet.
3. Now, dip both hands into the water for about a minute. Then take your hands out and dry them. Which hand was colder? Why?
4. Take the second baggie and fill it 1/3 of the way with shortening.
5. Take the third baggie and turn it inside out and put it inside the second baggie. Now you can zip the first baggie to the second one so that your hands don't get messy!
6. Now put one hand inside the double baggies with shortening. Dip your bare hand and your hand with the shortening baggies into the cold water for another minute. Does it feel any colder? How is it different from the mitten?

**31 Days of STEM FUN!**

