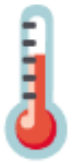
🌡️ Energy Changes: Hot or Cold? · Reflection

Biology A · Unit 3 · Level 2



Name: _____

📸 My photos / proof

☐ Cup 1 data ☐ Cup 2 data ☐ Clean station

✅ Skills I used today (check all you did)

- ☐ 🌡️ I read and recorded the temperatures
- ☐ 🧠 I named endothermic or exothermic
- ☐ 🤝 I did my role
- ☐ 🥽 I wore goggles and did not taste

⭐ Name one thing in real life that gets hot or cold from a reaction.

1. _____
2. _____

Ideas: **hand warmer** **cold pack** **burning fuel**

🔧 How do you know a reaction is exothermic?

1. _____
2. _____

Ideas: **temperature goes up** **heat released**