

## Chemistry Challenge #1

Listen to Chemistry for your Life podcast episode “How Do Hand Warmers Get Hot” on Feb 27, 2020

<https://chemforyourlife.transistor.fm/episodes> This episode goes over chemical and physical changes and then connects physical state of matter changes with energy. It will teach you 2 new terms: Endothermic and Exothermic, which is what we would be learning right now.

For those of you who would like an extra challenge for your brain: Draw three LOL diagrams (energy bar charts) that show the energy changes mentioned in the podcast for when water boils, melts and freezes and label them endothermic or exothermic.