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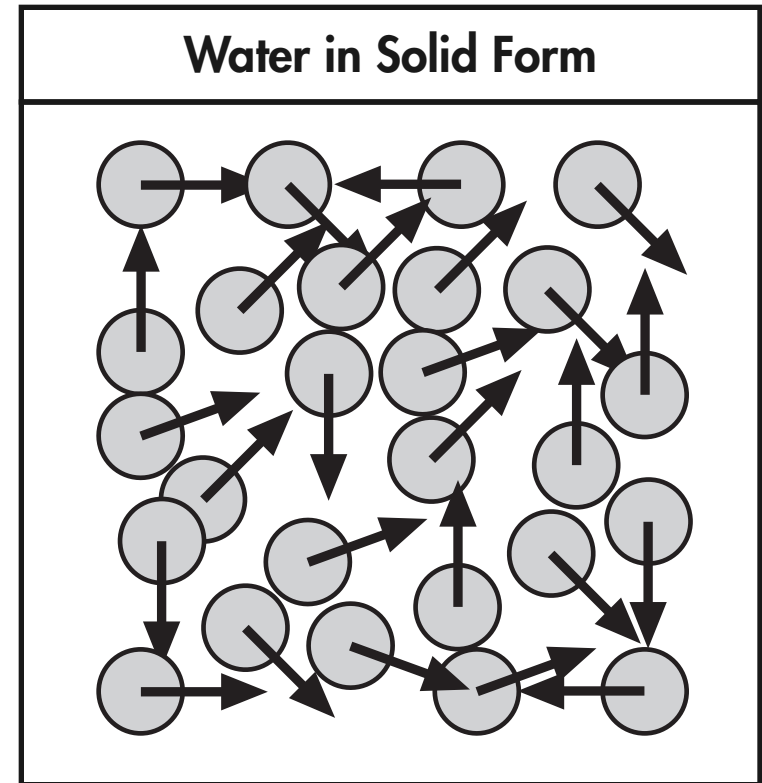
Here are three things to remember about heat and energy.

1. The direction in which heat flows is always from a warmer substance to a cooler substance.
2. Energy is called heat only when it is moving from one place to another.
3. The heat energy that is inside a substance is called thermal energy.

Thermal energy is caused by the movement of tiny particles in matter. For example, think about water in its three forms—solid, liquid, and gas. Ice, liquid water, and steam are all made of the same thing—water particles.

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Water in a solid form is ice. The particles in ice are close together and move slowly. This motion does not generate much heat, therefore, ice feels cold to our warm hands.



*In ice, the particles are arranged in a pattern in which they don't move much, so they don't generate much thermal energy.*