**How much energy does your hand warmer contain?**

1. Create a data table that you will use to record temperature vs. time in your

notebook.

2. Take the mass of your hand warmer and the mass of the water and record it below.

initial mass hand warmer: \_\_\_\_\_\_\_\_ initial mass water: \_\_\_\_\_\_\_\_

3. Take the initial temperature of the water in your Styrofoam cup. Record it in your

data table.

4. Place the hand warmer (that has been activated) immediately in the water and

begin to measure the temperature of the water at your choice of time interval.

5. Record the temperature and time in your data table.

6. Take the final mass of your heat pack and record it below.

initial mass hand warmer: \_\_\_\_\_\_\_\_

7. Plot a temperature vs. time graph in your notebook.

Consider the following questions and write a reflection once you are finished:

Is your graph linear? If not, what does your graph look like? What do you think is

happening between the heat pack and the water? Answer these questions in your

notebook and we will discuss them as a class once everyone has finished.