Rubber Band-Powered Spool Racer

What you will need:

- rubber band
- empty thread spool
- paper clip
- tape
- metal washer
- cotton swab

Directions:

1. Attach a rubber band to the paper clip by sliding the rubber band onto the paper clip as you would add a key to a key chain.

2. Insert the rubber band through the hold in the middle of the spool. Make sure that the ends of the rubber band stick out from both ends of the spool. (One end already has a paper clip looped onto it.)

3. Securely tape the paper clip attached to the rubber band to the one side of the spool.

4. Slide a washer onto the rubber band loop sticking out of the other end of the spool racer. Pull the rubber band up through the washer so that the washer lies flat against the spool.

5. Stick a cotton swab through the loop.

6. Turn the swab to wind the rubber band. Put the spool racer on the floor and let it go.

Record:

In your notebook create an energy map that identifies the energy source(s), energy receiver(s), and energy forms for the spool racer.