

Heat and internal energy

<https://www.leifiphysik.de/waermelehre/temperatur-und-teilchenmodell/grundwissen/brownsche-bewegung-und-innere-energie>

better:

https://www.vascak.cz/data/android/physicsatschool/template.php?s=mf_vnitri_energie&l=en

https://phet.colorado.edu/sims/html/molecules-and-light/latest/molecules-and-light_en.html

https://phet.colorado.edu/sims/html/friction/latest/friction_en.html