• Changes around us can be grouped as those that can be reversed (reversible change) and those that cannot be reversed (irreversible change).

Examples of some changes that can be reversed:

- Rolling out a roti from a ball of dough
- Stretching of rubber
- The melting of ice candy
- Folding of a paper
- Dissolving sugar in water

Examples of some changes that can not be reversed:

- Souring of milk
- Cooking of food
- Ripening of fruits
- Sawing of a piece of wood
- Cutting of paper
- Burning of paper
- Conversion of cow dung to biogas.
- A change can occur by heating a substance. For example,
- The iron blade, when heated, becomes slightly larger in size (**expands**) and when cooled down, contracts (**contraction**).
- Heating (or melting) of wax is a reversible change and burning of candle is an irreversible change.
- Conversion of ice to water and vice-versa is also brought about by change in temperature.
- Evaporation is the process in which physical state of a substance changes from liquid state to gaseous at a temperature below its boiling point.
- Melting is the process in which the physical state of a substance changes from solid state to liquid at its melting point.
- There are two phenomenon which involve the action of change in shape and size of a substance:
 - 1) Expansion: It involves increase in size of an object on heating.
 - 2) Contraction: It involves decrease in size of an object on cooling.