Ex 1) Starting from rest, a child zooms down a frictionless slide from an initial height of 3.00 m. What is her speed at the bottom of the slide? Assume she has a mass of 25.0 kg.

Ex 2) You slide a trashcan ($m = 10.2\,\text{kg}$) across the floor with an initial velocity of 7.9 m/s.

(a) If the trashcan eventually stops, what is the work done by friction?

(b) If the force of friction is $-29.4\,\text{N}$, how far does the trash can go?

Ex 3) Robert ($m = 75\,\text{kg}$-) starts at rest at the top of a carnival slide, which is 20 m above the ground. As he slides down, friction does 1500 J of work. How fast is he going when he gets to the ground?