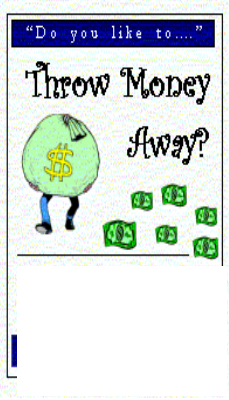
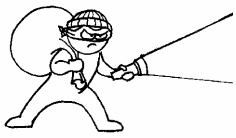
Exothermic Versus Endothermic

Reaction Type	ΔH for the reaction	ΔT for the environment surrounding the reaction	Explanation
Exothermic	(-) 	(+) 	Reactants have a high enthalpy. Only a part of their enthalpy is needed to make the new products. Since $H_{products} < H_{reactants}$, then $\Delta H = H_{products} - H_{reactants} = (-)$. The rest is released into the environment, making it experience a positive temperature change.
	It's like a generous man with money to throw away. He lets his excess dollars fly drop out of a plane. He releases and therefore loses money.	The peasants on whom the money falls get richer.	
Endothermic	(+) 	(-) 	Reactants have a low enthalpy. Their energy alone does not suffice for making new products. So they steal the missing amount from the environment. Since $H_{products} > H_{reactants}$, then $\Delta H = H_{products} - H_{reactants} = (+)$. Since the difference is taken away from the environment, the surroundings (air or water, for example) get colder.
	An endothermic reaction is like a thief. By stealing, he enriches himself.	The victim of the crime becomes poorer.	