

RECESS

by:

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For many reasons, I believe that recess needs to be extended because it serves as a necessary break from the harshness of concentrated, academic challenges in the classroom. Some may disagree because they feel that this will diminish instructional and learning time. Still, I believe that a longer recess will allow learners enough time to take care of their basic needs. Also, they will have time to play team sports. Lastly, the most important reason is students will have sufficient time to eat their healthy snacks. Consequently, extended recess benefits students' learning.

First, students need more time to go to the comfort room and drink water. In fact, with a short recess, students interrupt classes when they leave during class hours. Also, might they miss the lessons and the teacher's instructions. For instance, a student on a group work left to the comfort room while the teacher was explaining how to do an activity; when he/she came back, everything had to explain again to him/her and would not be able to finish the project. Therefore, if students will have extended recess time, they will have adequate time to go to the restroom, and not miss the teacher's instructions.

Second, with a given longer recess time, students can play team sports. Through play at recess, students will develop their communication skills, cooperation, sharing, problem-solving, and coping skills, such as perseverance and self-control. They will build and develop team skills. In addition, students can release stress and energize themselves. For example, after a long period of work, students get bored and sleepy and they have a difficult time listening and following directions, after they have enough time to unwind during recess, they now become more active and ready to learn in class. So, develop team

skills and improve students' attention in class, they need a longer recess to play team sports.

Third, students need additional time to eat their nutritious snacks. When students are hungry, they do not pay much attention to the teacher's discussion because they are thinking of food instead. Moreover, when students get hungry, they begin to jerk and disturb others. For example, when I failed to eat my snack during recess and it is time to go back to class, the last thing I will think about is learning. Therefore, students need more time to eat their snacks during recess so that they can focus more on the class instruction instead of their roaring stomachs.

Research shows that recess actually will help students learn better in school. Recess time has been supported as a way to help fight against the nation's childhood obesity problem. Studies also have shown that the free play that comes with recess is crucial to a child's cognitive, social, and emotional development.

When the students have longer recess, they will burn off energy and can focus more in class. Furthermore, students need adequate time to clear their minds and absorb what they learned. Recess is something to look forward to by the students, causing them to work harder in class. Students require to be healthy to do better in school. The longer recess may also give time for them to interact with each other and make friends. If they have longer recess they will make more friends. If students have friends in school, they won't get bored. Therefore, the recess must be longer.

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