

Tpo extra 3 – part 2 – 396 words

Nowadays, children rely too much on technology, like computers, smartphones, video games for fun and entertainment; playing simple toys or playing outside with friends would be better for the children's development. Agree or disagree?

Children these days depends too much on technology, like pcs, smartphones and video games in order to fill their leisure time instead of joining group games or playing with simple toys. When I was younger, I would definitely have said that using technology is a great way to entertain ourselves, but for some reasons which I will mention in the following essay no longer do I think that way.

To begin with, modern life has changed our lives in many different ways that one of themone of which is that it has pushed us into a sedentary lifestyle and forced us to not to having have a healthy life routine and it also has affected our kids' daily routine due to the fact that it seems like that computer and video games are so interesting for children and the more they play these kinds of games, the more they drown in them the more and they lose their activity, and this process has a negative impact on their muscles development. In other words, this lifestyle can limit their growth which is why I am a big opponent of video games and smartphones. Kids need to be more active and using-use their energy in sports and outdoor activities in order to stay healthy for their future. My cousin's experience is a compelling example for this idea, he is only 14 and he suffers from neck and backbone problems for his extended sitting in front of the computer.

Secondly, according to some psychological research, playing with simple toys helps children's brain to mature in a shorter time and in an-a more efficient way. Moreover, playing with toys leads them to figure out their talents and improve their skills. Playing outside with friends learns-teach children how to interact with their peers, not to mention its positive impact on their social behavior and social intelligence. Studies have shown that playing with friends in the first decades of one's life can increase their one's self-esteem and self-confidence which can lead to a better handling of their future life issues.

In conclusion, playing outdoor with friends or playing with simple toys not only is beneficial, but also is-essential in someone's life in order for them to live a healthy life both mentally and physically. Having said that, playing video and computer games can be a decent choice if only you can control your desire in playing and play in short periods of time.