

Some young people have free time in the evening after school or on days off from school. Which of the following activities would be most beneficial for young people (age 14-18) to do in their spare time? Why?

- Gaining practical work experience either at a part time job or by volunteering in the community
- Learning to play a sport
- Learning to play a musical instrument.

Hardly ever can anyone call into question~~s~~ the significant role of students' activities in their future life. The questions ~~arose~~ arise as to which of these options can be beneficial for their life. Even though all of these choices have positive effect on young children's life, I think the second ones~~s~~ can be more effective for some reasons which I will explain at length in the subsequent paragraphs.

The first and most obvious is, in today's modern life the number of technology users is increasing especially at-in/during adolescent-adolescence (with the advent of the technology especially the internet the number of it users is raising-rising especially at-in adolescentadolescence) which causes their overweighing-overweight that derives from inactivity, so playing sport at-in their free time can decrease it. In other words, nowadays young children have a-less physical activities-activity because of being involving-involved with a modern technology, so learning to play a sport makes them gravitates-them to have more healthy life which impacts not only on their bodies but also their minds. Therefore, it goes without saying that playing a sport for leisure time can release young people from hustle and bustle of life for some hours which has

advantages for them based on mental and physical health (bodily).

Another aspect which I should point ~~it~~ out is about escapism. In apposite words, fundamentally children by playing sports on their days ~~off~~ from school can take the edge off an education pressure which is vital for being neither discouragement nor tired from studying. Besides, playing sports can be useful for teenagers to not only boost their creativity but also also ~~being~~ more social~~ize~~, thereby meeting new people and making novel friends. From my own experience, when I was at high school, I had quite tough time owing to the fact that I had to take a university entrance exam, so there was plenty of pressure on me from ~~myselfmy own~~ and my family which by doing yoga I could clear my mind and not lose my ~~patient~~ patience in my goals.

In final analysis, although some people believe that the advantages of the other two ~~other~~ points ~~is~~ greatly outweigh ~~than~~ this one, I strongly believe otherwise on the basis of the reasons that were mentioned above and personally, I behoove parents to encourage their young children to play sports on their days off from school.