

**Children rely too much on technology like computers, smartphones, video games for fun and entertainment. Playing simpler toys or playing outside with friends would be better for children's development.**

Appropriate types of Children's activities have sparked a great debate among experts for decades. "Technology and kids" is one of the issues which people disagree on. Some of them believe that technology cannot disturb their development in all aspects; however, the others oppose it. I personally believe that we should give priority to physical activity in children's development. In the following paragraphs, I will elaborate on my arguments.

To begin with, according to psychological research, not only do digital devices reduce kids' creativity, but also they can harm their brain, especially at younger ages. On the contrary, non-digital games can improve different parts of their brain and strengthen its connections. For instance, imagine a child painting. This activity can improve his imagination, creativity, and coordination between her eyes and hands.

Moreover, the group plays play a vital role in social skills improvement. In fact, these social interactions give the children this opportunity to learn how to communicate/interact with others and solve their problems through discussion, thereby progressing their verbal skills. Nevertheless, since ~~the~~ technology encourages individualism, it cannot be considered a tool fully developing this skill in younger individuals. Besides, playing outside gives them a chance of experiencing the environment in person which is impossible through digital games.

However, further thought shows that it is imperative for the young generation to become accustomed to digital devices. To put it simply, because technology is becoming an inseparable part of our life, children should get used to them, provided that parents should not abuse child's access to digital devices to get rid of kids and their affairs. In other words, many a family apply these devices in order to entertain their children and do their own job.

To conclude, we should not consider technology black and white. I opine that it is a double-edged sword which should be used in an appropriate way. In other words, adults should not neglect their duties to their offspring and stall them, thanks to technology development. On the other hand, the modern world needs

modern people, so we should let the younger generation ~~to~~ use technology and get accustomed to it.