

Kids Need Their Recess

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It is a proven fact that most healthy kids have a lot of energy. Our growing bodies take in the necessary food we need to stay in good physical shape, but that food also has a side effect – we are FILLED with energy most of the time! (And we don't need to necessarily mention the sugar that we sometimes crave and need as well.)

Now energy is not a bad thing in most cases. We know many adults who would give anything to have more of it. But at school this energy can *sometimes* get us into trouble if we aren't able to direct it in the right ways. And hey...we're kids. The ability to channel that energy into only positive ways at school can be difficult. Our brains are still young and developing, right? You can't disagree with that.

So we have an idea that seems like a win – win for everyone. Give us more recess time! Think about it. We expend energy playing. We have less to get us in trouble in class. We will still have more than enough to pay attention and learn. (Remember – we are FILLED!) You, therefore, get to spend less energy trying to figure out ways to keep us out of trouble and have more energy yourself to teach us new and exciting things!

The way we see it, our plan is one that works for all of us. Give us more recess and most problems with student attention in class will be solved. The world of education is a much better place with more recess time. You can't really argue with that.