

## **KIDS NEED MORE RECESS!**

An Opinion by Quinn Sullivan

We need more recess because scientists have proven that movement helps the brain. So if we had more recess, we would have more brain power from running around. This would again help us perform better in class and may improve our test grades. More recess would also give us the advantage in focus and attention. Since we are running around, we would lose energy and be less distracted once we came back to the classroom.

More recess would also improve our fitness. From running around for an hour we could burn about 195 calories. Tag, basketball, gaga, soccer and football--all these activities include running around and that helps with fitness.

Needless to say- I think we need more recess!

How about another recess? Like another 20 minutes. **Right now we only have 25 minutes of recess** (sometimes less because of lunch). I want to almost double that to 45 minutes.

According to experts right now we do not have enough time to get our energy out, when kids don't have enough time to get their energy out, they start to use it in class. Then they get in trouble and lose their recess, which makes it worse. So overall kids who get their energy out can do better in class.