

# How children should spen their free time



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Nowadays, some people consider that children have too much leisure time and in spite of wasting it, they should use it to do more school work. In my opinion, I think children should use their free time wisely to develop their skills not only in school work but also in their life. Firstly, we all know that people cannot keep on working all the time. We need to stop and relax ourselves. And after a long day in school, children also need to relax. In their free time, they can play games, have a small party or even talk to each other to refresh their mind and keep themselves away from the stressful atmosphere of the school.

In addition, the games or sports that they played make them more reflexive, faster, and stronger in both physically and mentally. For example in tennis, the player has to run, focus on the ball and swing the bat accurately at the same time. Children can improve their body, their reflections and their brain at the same time. Last but not least, social skills play an important part in our daily life. People does not need to be good at their knowledge but they also need know how deal with people.

With a large amount of free time, children can join in some social activities which can give them a lot of ideas about the right manners and attitudes for their future life. With years and years of researching, a lot of experts came to an agreement about children's free time. And with those activities that mentioned above, it is quite reasonable for them to have that amount of leisure time. The problem is how to spend it in the right way. With the guiding of a lot of the teachers and parents, I think it does not matter in school or in daily life, children will not lose any opportunities to develop their skills for their future.