

# Why summer is so important for teenagers

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With such a small amount of the school year left, every kid is fantasizing over the idea of Summer break. Why is Summer so important for teens? Relaxation, no school, and seemingly endless free time are all parts of Summer that make it so great. Summer gives teens the perfect amount of rest and relaxation to start up school again in the fall feeling refreshed and ready to learn. Summer is an escape from all the hard work and complications of normal school life. It allows us to spend some time relaxing and enjoying the social aspects of life.

Whether it going out with friends, going to the beach, or having a party, Summer is a great time to just have fun. Summer allows kids to spend time outside of the school environment and learn things more naturally. Spending time with friends should be just as valued as learning in a classroom. Life lessons and natural experience is learned through having Summer. When I was younger, I would spend a lot of time outside with my dad and my brothers during the Summer. We would explore the forest together and just have fun looking at the world.

I have learned a lot of life lessons and social lessons from spending time with friends in the Summer. That type of experience can't really happen in any formal classroom environment. Summer allows the growth of emotional skills and problem solving abilities. Summer is a 3 month period that lets teenagers just live life without any of the stress that comes along with constant homework assignments or projects. When I was 10 years old my family and I went on a trip to Newport, Rhode Island during Summer vacation. We normally couldn't pull off such a trip because we didn't have the time, but since it was Summer the whole family could get together.

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On the trip, I spent some of the longest time I have ever spent with my whole family. We normally spent time together, but we were all usually busy or the whole family wasn't together. I had a lot of great times just being with my family and spending time with them. Without these experiences, my life would be a lot bleaker. These fond memories I have define me as who I am today. To me Summer is as important as school is because it gives you the time to gain important life experiences.

Another important part of Summer is the rest and relaxation for teenagers. School is extremely stressful. Homework, peer pressure, and cliques are all parts of teenagers lives. Summer gives a break from these things and just lets teenagers enjoy living stress-free. Summer lets teenager's minds rest and become refreshed. Without Summer, much of the information being taught would just go right through them because they would have no time to refresh themselves.

Constant schooling would overstress students and they would not be able to retain information as easily. If there was no Summer teens would become to overstressed and start failing school. Summer break gives a perfect amount of time for teenagers to get enough rest to start school back up again in the Spring with a refreshed and open mind. Summer is so important because it lets teenagers take a break from their everyday school life and just enjoy life. Relaxing and spending time with friends are just as important as spending time in the class room.

With Summer on the way, teenagers will enjoy their free time and have fun before the new school year starts again.