March 4, 2019

Dear Senator McCrory, Representative Sanchez and all of the esteemed members of the Education Committee,

I am writing to you to today in support of HB7250, AN ACT CONCERNING THE IMPROVEMENT OF CHILD DEVELOPMENT THROUGH PLAY.

I support the bill because research shows that children who are given the opportunity to have unstructured play during the school day are better able to listen, focus and learn during instructional time.

It simply is not possible to keep trying to cram more instruction into our children's school day without giving them a break. When we keep trying to load on more instruction, the children's minds become like sieves, and all the things we've tried to teach them simply wash away. During unstructured breaks, children's brains have a chance to reset and digest the information that has been given to them during instructional time, so they can actually retain and use what has been taught.

Thank you for reading my testimony.

Sincerely,

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