I'm not an expert, I'm a Mom.

But I believe kids need more recess in Elementary School. Remember in college when they told us to study in short time periods because you absorb it better. I would think that is more true with kids. Kids need to be kids, and playing is how we are designed to learn.

I was shocked to hear by a friend who is a 6th grade teacher that there are a surprising number of students entering middle school on anti depression and anxiety medications. My cousin's kid might be one of them. **Elementary age kids shouldn't be stressed out by school, they should enjoy it, love it, and then they will develop a lifelong love for learning.**

Ask yourself this, after you have been working on something for a while, don't you go get a coffee or water, or whatever, just to get a break? I do. My co-workers do. What will you do after you are done hearing testimony? What would you like to do? Now imagine you are a kid and you have to raise your hand to go to the bathroom, to get a drink, to sharpen your pencil, and you have to sit in your seat, stand still in line, go from this to that, to have lunch and finally go and let loose, **play.**

I asked my kids (5 & 7) why they should have more recess and they said so they can run and play. **Ask any Elementary student what their favorite subject is and 90% will say recess. Just because they are playing doesn't mean they aren't learning.**

Thank you,
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