

In my opinion kids and teens play way to much video games. Video games are starting to control their lives. Kids and teens aren't as active as they should be. All they do is sit on the couch and play games all day. They are not in social groups because they don't know how. Kids who play way to video games tend to not know how to make friends. They are use to Xboxs, Playstations, Gameboys, Computers, ect as their friends.

Instead of always playing video games you can have some family time and play some board games. Get involved with sports and get active. Go hand out with some of your friends at the park or backyard. And I know it may not seem fun but it can be; get involved with your school, or communitie. You can do many other terrific things other than sit around playing games all the time.

Now I'm not trying to say video games are bad, because they're not completely. Playing video games can help you in some ways. They teach you hand eye coordination. If you play mind games (like puzzles, mouse trap, memory, and lots more) it can actually help you use your brain. There is thing my computer teacher told me and it's if you play game that really make your brain think on a regular bases it can help you push off getting old timers diseases when you get old/older. Mind games can also help you get more smart.

So video games are not as bad as some people say or think. It's ok to play video games but you know how to control your playing. Vide games are fun but can get addicting. You must know when enough is enough for you.

Now I think I should have proven to you my point. One or two hours of video games should be enough or your limit. That gives you

plenty of time to play and have fun with other stuff. So get active, get off your couch and have some real fun!

Meets
6^{pm}