

## IELTS Writing Task 2 250words

**These days children spend more and more time watching TV and less time with physical activities and creative work. What do you think is the best way to improve the situation?**

These days, children are watching a lot more TVs much more time while living in less active life styles the number for active playing is decreasing. This problem is getting becomes bigger and should be addressed improved. This essay will describe causes and solution.

Firstly, one of the a main causes is environmental changes a change of form of environment. In the past, activities were mostly limited to those of being done outside with friends the number of children were more limited there were limited amusements for children such as playing outside with friends. But now, the Internet and TV are both readily available even in children's rooms 24/7 / TV programs and TV games have increased increase in variety with the spread of technologies other than TV. The leisure lifestyles of children have gone mostly from outside to inside with more TV, the Internet, and other technologies readily available anytime or at their disposal and this has had an impact on physical activities The playing style of children changed from outside activities to inside no physical plays.

In order to improve this situation, schools should hold outside activities. Recent children these days do not know the joy of playing outside because of the decrease of the number of places for playing and the increase of time for watching TV. By giving children opportunities to notice that physical activities are fun, children in will get interests to they will gain interests in physical activity activities and do active playing play actively. Also, it is good to choose TV content use effectively time of watching TV, for example, the TV programs that children can do physical activity while watching TV in their houses. It may be difficult to decrease the time of watching TV because there are less places for play and less safety outside houses. Therefore, children are naturally inclined to play actively indoors it is a very efficient way to play actively in house. In addition, it is possible to develop such games thanks to technological progress in this society.

The decrease of physical activities cam bring health problems to children. So it is important to grasp this situation exactly and to think of solutions for children's futures.