**Do you agree or disagree with the following statement? Children rely too much on the technology, like computers, smart phones, video games for fun and entertainment. Playing simpler toys or playing outside with friends would be better for children’s development.**

Since the birth of technology, particularly in last decades, the controversy has arose over its merits and drawbacks. This issue is much bolder regarding the children dependency to technological devices such as, computers and smart phones. Some people tend to overvalue the boons of spending time on such electronic gadgets instead of playing outside with peers or with elementary toys in the growth of children ingenuity; On the other hand, many scholars hold the opposite view. In my perspective, there are many unequivocal supports for the latter attitude, two of which will be elucidated in the following paragraphs.

One of the reasons coming to my mind at first is expending time and energy in playing outside with close friends is a necessity for physical and mental health of children; by participation in outside activities, for instance, playing football or basketball they can benefit from fresh air, enhance their muscle strength and mental power. In fact, outside exercises not only stay away kids from obesity and depression, but also will stay away them from severe diseases in adolescence including, heart attack, blood pressure and dementia. In addition, having fun with simple toys, as an example, construction toys will stimulate the children's creativity and flourish their talents. In contrast, children lock their eyes on their smart phones or video games are more exposed to violence and inappropriate contents, which conduce to anxiety, and aggressive thoughts and behavior.

Another equally staple reason is that childhood is the best time for kids to socialize with their companions through team activities and sharing their toys with each other. The kids who waste so much time gluing their tablets and computers miss an opportunity to form close relationships and develop their social skills. As a result of gaming disorder, they could not be able to communicate with other people, gain their trust and reach their privileged social position in their adulthood. In the long term, depression, emotional disorders, sleep problems, brain dysfunctions and so on are inevitable catastrophic consequences of electronic game addiction. Negative academic performance, frustration, detrimental behaviour patterns like, low self-confidence, and functional impairments in daily life of children and adolescents has been reported by recent studies in international papers.

To make a long story short, it goes without saying, based on all the aforementioned points, taking part in outdoor activities and playing suitable toys is far safer than spending time on computer games and video games.