**Topic 1**

Imagine the pain if you work so hard at school, and yet, when you rush out to play, to your disappointment, there is no place to play. You trudge back to your seats, and your excitement evaporated before your eyes. How would you feel if you had worked long and hard for the entire day, looking forward to playing with your friends during recess, only to find an empty field? You would suffer. Pain beyond words. Nothing could repair the hole made by the eternal disappointment of the absence of a playground.

The ultimate happiness that can result from playing in playgrounds is phenomenal. The second a child begins playing on playground equipment, no matter whether it’s that first ride down a plastic slide or an exciting scramble up a ladder, they experience an immediate increase in feelings of joy. The combination of physical activity, outdoor weather, and the novelty of a new experience all combine to encourage the production of dopamine, also called the feel-good hormone, a neurotransmitter responsible for feelings of happiness and delight. No matter what mood a child was in before they arrived, the simple act of playing on the playground will help encourage them to enjoy a sense of happiness and excitement. This will help boost their mood overall and will give many children the extreme pleasure of it.

Playing in playgrounds can help children develop their strength and fitness. The height of physical health begins outdoors. Encouraging children to be outside, move, and challenge themselves is incredibly important in establishing healthy habits. Playgrounds open growing minds to a world of discovery away from the screen. Children develop coordination, strength, and motor skills in the playground. These essential skills will assist them in all aspects of life, whilst also preventing injuries, obesity, and other health concerns that can arise later in life. Children rise each day with a tremendous amount of energy and enthusiasm. Playgrounds are the perfect place for children to exert this energy productively, rather than destructively. They can use this energy to develop their physical strength and fitness, rather than pestering their adults and pouring over their devices.

At playgrounds, children can also experience lots of other children, and they can make very good friends. Cooperation and collaboration are key social benefits of playgrounds. Children learn to communicate, share and work together, whilst establishing new and exciting friendships. Playgrounds encourage a sense of community spirit amongst children from a young age and allow parents to connect and engage with each other. Children are encouraged to learn acceptance and compassion and will develop the skills and confidence needed to communicate effectively. This can help them greatly in their later life when they need to converse with colleagues, family, and even strangers.

In conclusion, a playground is what the school campus needs. It provides students with so many opportunities to improve so much of their abilities and physical capabilities. There are no disadvantages that a playground possesses, and the benefits are infinite. Remember, if you were that hard-working little boy, how would you feel?

**Topic 2**

Imagine the suffering when you are a student, labouring away, doing so much homework. You can’t take it anymore; you need a break. You feel as if you can’t take the pressure. You need help. Exercise can do that. Exercise is an incredibly important activity, especially for a student because of its many benefits to an individual. As we all know, students can be stressed, and exercise can help in many ways.

Physical activity can help lower your overall stress levels and improve your quality of life, both mentally and physically. Exercising regularly can have a positive effect on your mood by relieving the tension, anxiety, anger, and mild depression that often go together with stress. It can improve the quality of your sleep, which can be negatively impacted by stress, depression, and anxiety. It can also help boost your confidence levels. Exercise also increases your brain’s production of endorphins. Endorphins are the “feel-good” hormones that are responsible for a “runner’s high.” This is the sense of well-being and euphoria that many people experience after exercise. Physical activity can also help take your mind off your worries. The repetitive motions involved in exercise promote a focus on your body, rather than your mind. By concentrating on the rhythm of your movements, you experience many of the same benefits of meditation while working out. Focusing on a single physical task can produce a sense of energy and optimism. This focus can help provide calmness and clarity. This can help students relieve stress, which enables them to continue with their regular activities without worrying so much about life. Then, they can calm down and continue to smash through the obstacles that life throws at them.

Regular exercise is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount and difficulty of physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as exercise. Everyone can experience the health benefits of it, no matter their age, abilities, ethnicity, shape, or size. Students often get bullied for their appearance and weight, and exercise for them can improve their social picture.

Moreover, exercise can even improve memory. Exercise increases blood flow to the brain. Due to its high metabolic demand, the brain demands good circulation, and exercise aids it. An increase in blood flow is not only extremely beneficial, but it is also essential. Exercise induces good blood flow to deliver all the nutrients required to carry out the brain’s job, while it also increases the production of molecules important to brain function, including memory. Exercise improves memory by increasing molecular targets like the brain-derived neurotrophic factor (BDNF). This molecular factor increases synaptogenesis, forming new synapses that facilitate learning and memory, making it easier to absorb information and form long-term memories. The more BDNF, the more the memory improves in function and capacity. This can help many students in many ways, such as allowing them to better memorise facts and formulas during tests.

In conclusion, exercise is fundamental. There is no way that it will damage the student, it will only give an endless amount of benefits for any individual. Exercise is an advantage for everyone, and it can provide many benefits, ranging from memory to physical health. Exercise is an activity that everyone should practise, especially students, and it will aid everyone with its many uses in life.