

When I have freetime from my activities and school, I like to go outside and play sports with my friends because it would create bonding and it wouldn't glue you to electronics all the time. You could easily spend time with your friends personally outside rather than inside of school because you are doing something else. Going outside from a busy day and having fresh air along with spending time with friends is better than sitting alone at home and doing whatever you are doing.

Going outside gives you essential needs like vitamin D, exercise, and stamina all at the same time. You have the advantage of spending quality time with friends, making new friends, playing and improving the sport you play, and having fun all packed into one activity. This also reduces stress, cortisol levels, muscle tension, and heart rates, according to the United States Department of Agriculture. Evening going out for a walk or a hike, you feel relaxed by all the nature all around you. You could learn new sports or games to play with your friends anytime outside without even watching youtube.

✓ Although sometimes you break bones by playing a sport or falling off something like a bike or skateboard, you just need to be careful and take it easy. Even when getting tired from playing outside, you get to have good sleep because you are tired and usually on the next day you are ready for the day. You can easily stay alert for any cars or bumps and avoid something that will hurt you easily.

In conclusion, going outside is one of the best activities to do when you are bored and have freetime once in a while. You get good vitamins and exercise, spending time with friends, forgetting tensions and stresses at the time being, and seeing nature and feeling calm about it. *align the list items*
You have many opportunities to have fun outside !