

Because of the busy pace of modern life, many children spend most of their time indoors and have little exposure to the natural world. How important is it for children to learn to understand and appreciate nature?

Give reasons for your answer and embody any relevant examples from your own information or expertise.

You should write at least 250 words.

Because of the busy pace of modern life, many children spend most of their time indoors and have little exposure to the natural world- Band 8 IELTS model essay

One of life's more intangible pleasures has been lost in the current day, with all its technological progress and digital civilization. A bit of nature where you may go to get away from it all and spend hours unwinding, meditating, and forgetting your illusions and materialistic world. But today's youth lack an appreciation for nature because they are so immersed in the digital world and have become self-centered.

Nowadays, children are just as likely as adults to contract a wide range of ailments. They will spend hours in front of a screen or will indulge in their sphere leaving the bucolic surroundings behind. These sedentary routines lead to health issues including back pain, cataracts, and other psychological disorders that can be avoided via regular outdoor activity.

In contrast to the aforementioned, children who are brought up among natural resources like trees, soil, and water tend to lead healthy, productive lives. The increased exposure to oxygen and natural minerals in these areas also means that the residents there enjoy good respiratory health and are less susceptible to many common illnesses. Attentive children develop an alarming concern for maintaining the natural world around them, a respect for the environment, and an understanding of the paramount natural world around them.

In conclusion, I think it's just as vital to get kids out into the world as it is to teach them to be digital nature masters. It links a person to the world, while earth grounds them in their own identity depicting their roots and history, so elevating their sense of self-worth. Therefore, it is foremost to incorporate "me" time each day in which you connect with nature and your inner self.

Because of the busy pace of modern life, many children spend most of their time indoors and have little exposure to the natural world- Band 7.5 IELTS model essay

As a result of the sedentary lifestyles, many children would rather not venture out of the house at all. This essay will discuss the negative effects of limited exposure to the outside world and how those effects might be mitigated by knowledge gained later in life.

The world, aided by cutting-edge technologies, is undergoing swift alternatives. To begin, it would make young people's lives simpler and more convenient. Household appliances, electrical equipment, clothing, toys, and more can all be delivered to their front doors so that they never have to leave the house again. Moreover, man has built upon and industrialized virtually every available space. Since there is no free area for children to play, adolescents spend more time doing inside activities like playing video games and binge-watching movies and series. A youngster may become more introverted and withdrawn. As a consequence, it could stunt their psychological and physiological development.

However, it is important to guide humankind on the merit of getting some natural pure air and performing outside activities in the natural world which will enhance their overall growth. Eventually, It's beneficial for getting to know people from various backgrounds and perspectives, it encourages a person's progress in all aspects. Because of this, they'll have developed the social skills and emotional maturity to confidently face any challenges life throws their way.

As a result, kids nowadays are developing character flaws due to their lack of outdoor play. Hence, it is essential to encourage children to go outside and discover the natural world. In the foreseeable future, It will be inevitable for children to have exposure to the aesthetic world created by the almighty and an appreciation for the universe because it will serve and guide them to a prosperous and happy life.

Because of the busy pace of modern life, many children spend most of their time indoors and have little exposure to the natural world- Band 7 IELTS model essay

The pace and scope of evolution brought about by modernization have had profound effects on human culture. All of today's youth would rather stay in rather than go out and about. Teaching adults to admire and cherish the natural world is decisive.

To start, I believe that young people who develop an appreciation for the natural world are more likely to become environmental protectors as adults. Given the rapidity with which modern human activities like deforestation and urbanization are eroding the natural environment, this is a concerning and predominant matter. Educating children at an early stage to appreciate and value nature is advantageous to our globe since they will grow up to be the people who can either protect the environment or do more damage to it. As a fact, kids who spend a lot of time in the wilderness doing adventures and enlarging their

knowledge of natural specimens are more likely to become environmental activists and conservationists than kids who are not aware of it.

Additionally, time spent outdoors is beneficial for everyone, especially kids and teenagers. This is due to the fact that the physical exertion required by activities like walking, trekking, climbing, and swimming in the great outdoors aids in the maintenance of their fitness levels. Accordingly, human beings who routinely expose themselves to cleaner and fresher air can expect to live longer than those who spend their time in polluted and harmful habitats in industrialized society.

To recapitulate, the momentum of contemporary life is such that leisurely lifestyles are not sustainable; nonetheless, despite spending hours indoors, which will not offer them a healthy and joyful existence, children should be given the opportunity to see the outside world as much as possible.

Because of the busy pace of modern life, many children spend most of their time indoors and have little exposure to the natural world- Band 6.5 IELTS model essay

The current era is undoubtedly less favorable for children's development because of the excessive amount of homework and other schoolwork that is expected of them. As a result, they have no choice but to remain cooped up inside, deprived of the benefits of a healthy dose of outdoor air. While this may seem obvious, it is crucial for offspring to understand and experience the environment.

To begin, a child's brain is still flourishing and grasping things promptly, so he or she naturally has an insatiable appetite for knowledge. Keeping toddlers inside all the time can stunt their mental and physical evolution. The cost of a youngster's psychological blooming in the contemporary world may fall on their parents. It's possible that they have issues similar to those seen in adolescents, such as anxiety, depression, or phobias. In addition, youth can get personality disorders too. As a result, this issue is presently generating debate all over the globe, and people everywhere are penetrating for reasons and solutions.

Furthermore, it is evident that contact with the natural world is pivotal for human well-being. Our children and grandchildren will not be able to respect natural wonders unless they are exposed to them. While young people today can easily make online friends through platforms like Facebook, Twitter, and Instagram, these relationships are not conducive to the development of a child's social skills. In addition, spending time in nature with close ones can bring about genuine happiness and a more fulfilling existence.

In conclusion, while we recognize that the pace of progressive life has accelerated to the point where slower ways of living are unrealistic and unethical, we believe that it is important for children to have opportunities to explore the bucolic surroundings because spending too much time indoors is detrimental to their development.