

# Should Schools Offer More Than Just Academic Classes?

The school day is filled with classes that focus on academic topics such as math, science, and language arts. However, some students argue that schools should also offer classes to help students learn how to manage their emotions and stress levels. After all, managing emotions and stress is an important skill for a successful future.

Proponents of this idea argue that offering classes such as yoga and meditation will help students be more focused, relaxed, and productive in their studies. These classes could also teach problem-solving skills and help students learn how to manage stress. Furthermore, these types of classes would help create a supportive, positive learning environment in schools.

On the other hand, opponents of this idea argue that there are not enough resources available within the school budget to offer such classes. They suggest that the current academic classes should be prioritized over any non-academic classes. Additionally, they believe that students have plenty of time outside of school to learn and practice these types of skills.

No matter which side you agree with, it is clear that schools should play an important role in helping students learn how to manage emotions and stress. It is up to the school district to decide if they can provide the resources needed for such classes or if there are better ways for students to access them.