# 七年级下册英语作文：娱乐活动

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　　As the social civilization develops at a fast speed, the new century has brought us with an unprecedented variety of recreational activities ranging from traditional outdoor activities such as playing ball games to all kinds of other indoor activities. People can do sports, singing karaoke, go dancing, go to the movies, play video games or online games, or surf the Internet.

　　On one hand, recreational activities are good to people’s health, both physically and mentally. Sports and dancing can keep people fit. Singing karaoke will bring more excitement and enrich people’s life. Playing video games can satisfy people’s imagination and develop people’s intelligence. Surfing the Internet can bring people plenty of information and knowledge. What’s more, some recreational activities, such as going to the cinema or theatre, playing volleyballs in a team will be inductive to strengthen the affection of the family.

　　On the other hand, some recreational activities, such as playing mahjong and poker, might be time-consuming and harmful if people are addicted. Spending too much time and money on these activities will seriously influence people’s normal lives. There are also some on-line games which is great appeal to the young generation. Those who are indulged in the games may waste too much time to study and exercise.

　　As far as I am concerned, people should take part in meaningful recreational activities and try to benefit more from recreational activities. Only in this way, can they become more energetic and creative when they work and study. When it comes to those addictive, and less meaningful activities, I think to stay away from them is a wise decision.

　　随着社会文明的发展速度快,新世纪给我们带来了前所未有的各种娱乐活动,从传统的户外活动,比如打球,其他各种各样的室内活动。人们可以做运动,唱卡拉ok,去跳舞,去看电影、玩电子游戏或网络游戏,或上网。

　　一方面,娱乐活动是好人民健康,身心。体育和跳舞可以使人健康。唱卡拉ok将带来更多的激情和丰富人们的生活。玩电子游戏可以满足人们的想象力和发展人的智力。上网能带给人们大量的信息和知识。更重要的是,一些娱乐活动,比如去看电影或戏剧,打排球在团队将感应加强家庭的感情。

　　另一方面,一些娱乐活动,如打麻将和扑克,可能耗时和有害如果人们上瘾。花太多时间和金钱在这些活动将严重影响人们的正常的生活。也有一些在线游戏这是伟大的吸引年轻一代。那些沉溺于游戏会浪费太多时间学习和锻炼。

　　在我看来,人们应该参加有意义的娱乐活动,并试图从娱乐活动中获益。只有这样,他们才能变得更加充满活力和创造性的工作和学习。当谈到那些上瘾,和更少的有意义的活动,我想远离他们是一个明智的决定。

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