



The big debate

Should we do less on weekends?

Weekends are for relaxing, and some think we should do just that.

What you need to know

- In the early 1900s, people in the US worked about 60 hours a week. The Fair Labor Standards Act, passed in 1938, created the 40-hour, five-day workweek with a two-day weekend.
- Today, countries including Japan, Belgium, and Iceland have implemented or experimented with a four-day workweek.
- A Harris Poll survey of US adults between the ages of 18 and 30 found that nearly 75% opted to stay in during the weekends.

DID YOU KNOW?
In some countries, people are typically off work on Friday and Saturday or Friday and Sunday.



Whether you're going to work or school, weekdays are jam-packed, with very little time to take a break. By the time Friday rolls around, people are ready to relax. For some that means spending Saturday and Sunday sleeping in, hanging around the house, or reading a book. For others, the weekend is a time to catch up on everything they didn't get to do during the week. They fill the hours with anything from running errands and gardening to participating in a 5K, hosting a party, or taking a crafting class. But is that the best way to spend two days off? What do you think? Should we do less on weekends?

Yes—let your mind wander

All week long, people are juggling work, school, and many other activities and responsibilities. Weekends are an excellent time to rest, which research shows is important for our physical and mental health after a busy week. Plus, weekends offer unstructured time, which experts say lets us daydream and think creatively and resets our brains. That can improve our memory and functioning overall. And usually, weekends are the only time when the whole family is home together. It's a good opportunity to spend quality time with loved ones that we don't get during the hectic five-day stretch of school and work.

No—we'd lose precious time

We can't waste a moment of the weekend! It's only two days, and they fly by compared to five long weekdays. It's our only chance to squeeze in all the things we don't have time for from Monday to Friday, whether it's a hobby like baking or a sport like tennis. Plus, most people spend their weekdays indoors at school or work, and experts say spending time outdoors and in nature is good for our mental and physical health. Weekends are perfect for exploring, hiking, or taking a walk. Exercise and sunlight help regulate our sleep, reduce stress, and expose us to vitamin D, which boosts our immune systems.

YES

Three reasons we should do less on weekends

- 1 It's nice to have two days in the week when everything is not planned out.
- 2 Our bodies and minds need rest. That helps us reconnect with ourselves and prepare for the week ahead.
- 3 For many families, Saturday and Sunday are the only time when everyone is home and can spend time together.

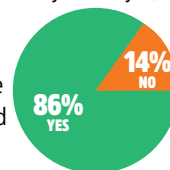
NO

Three reasons we should not do less on weekends

- 1 The weekend is so short compared to the rest of the week. We can't waste any of it.
- 2 Weekends are the ideal time to focus on activities and hobbies we love but don't have time for during the week.
- 3 Work and school are mostly indoors, so weekends are for getting outside and into nature. That's good for our well-being.

LAST WEEK'S POLL

Last week, we asked if museums should stop using dioramas. Most of you said yes, it's time to end the use of the lifelike but outdated scenes.



What do you think?

Now that you've read a bit more about this issue, visit kids.theweekjunior.com/polls so you can vote in our debate. Vote **YES** if you think we should do less on the weekends or **NO** if you don't. We'll publish the results next week.

The goal of the big debate is to present two sides of an issue fairly in order to stimulate discussion and allow our readers to make up their minds. The views on this page do not reflect those of *The Week Junior*, and the page is not funded by third parties.