

Student Opinion: Roblox has many benefits for kids

By Isabel H., adapted by Newsela staff on 09.01.21

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Is the online platform Roblox good for kids? Image: roblox.com

You can spend hours playing and having fun on Roblox, and many kids do.

Roblox is an online game platform. It is a place where kids can play games and even create their own games for other kids to play.

Their parents may disagree, but in my opinion, Roblox is actually good for kids. Kids can improve their mood by playing Roblox. Our mood is how we feel at any given moment. We can also stay in touch and have fun with friends who live far away by gaming. Kids can even make money when they build their own games in Roblox!

Improve Your Mood

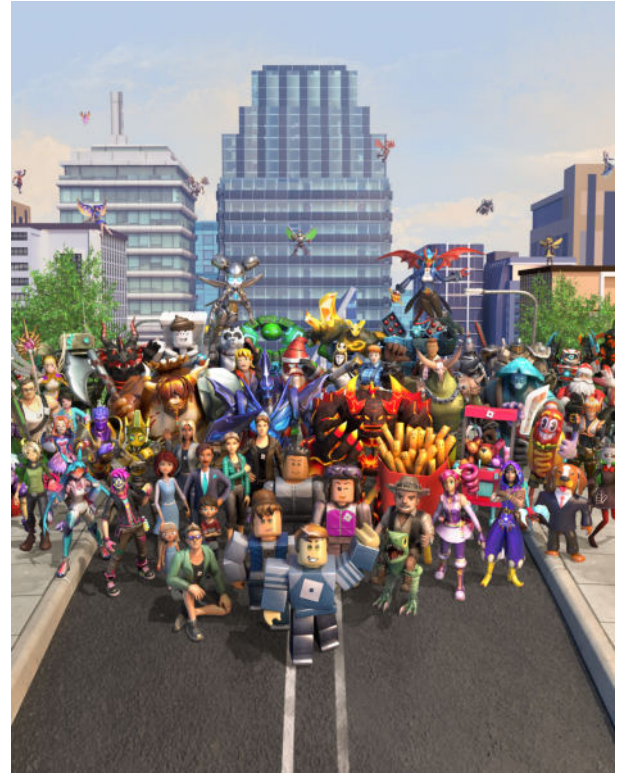
Playing Roblox can change your mood from bad to good! "Games are great at fixing our mood and reducing our stress and anxiety," says Rachel Kowert. She is a psychologist who studies gaming. Psychologists study how people think and feel. Kowert wrote the article "The Rise of Roblox" from Scholastic's Storyworks magazine. Playing Roblox, she notes, can help you feel less stressed.

Stress is often a response to things that frighten us. When you feel you are in danger, your breathing and heartbeat quicken. This response helps you face the danger. Anxiety is an unusually high level of fear. Anxiety can improve with medical treatment.

In the article, Kowert also says that when we play games, our brains release chemicals that make us feel good. This explains how Roblox can change your mood as you play. Say you've had a terrible day and it put you in a bad mood. Playing Roblox can help you cheer up and feel happy again.

Connect With Friends

Roblox is also a good way for kids to stay connected with friends who they can't see in person. In April, the news website CNBC published an article. It was titled "While parents Zoom, their kids are flocking to an app called Roblox to hang out and play 3D games." The article is about how when parents are working from home, their kids are keeping busy by playing Roblox. For example, Erin Sowberby's daughter Catherine used to go to swimming classes to spend time with her friends. But the classes were cancelled because of the COVID-19 outbreak. The disease spreads easily so people have had to stay home to stop the spread. So Catherine started staying in touch with friends on Roblox, instead. It is a way for kids to have fun together, even when they can't be in the same space with one another.



Earn Some Money

Finally, Roblox gives kids a way to learn about and even earn their own money. You can make money by making your own game in an app called Roblox Studio. In the app, you learn how to build a game from scratch and test it. Then you can make game passes, which people can buy with special Roblox money called Robux. Later you can trade the Robux for real money! So in Roblox, you can not only learn how to build games, but you can also make something that others will want to buy.

For all of these reasons, Roblox is a good way for kids to play. It can improve your mood. It can keep you in touch with friends. And it can even teach you how to make and save money. If you agree, write a letter to your parents, telling them all of the reasons why kids should play more Roblox!

Isabel H. is a fifth-grade student at Jefferson Elementary School in Redondo Beach, California.

Quiz

- 1 Which sentence from the article supports the main idea of the article?
- (A) Kowert wrote the article "The Rise of Roblox" from Scholastic's Storyworks magazine.
 - (B) It is a way for kids to have fun together, even when they can't be in the same space with one another.
 - (C) But the classes were cancelled because of the COVID-19 outbreak.
 - (D) If you agree, write a letter to your parents, telling them all of the reasons why kids should play more Roblox!

- 2 Read the paragraph from the article.

In the article, Kowert also says that when we play games, our brains release chemicals that make us feel good. This explains how Roblox can change your mood as you play. Say you've had a terrible day and it put you in a bad mood. Playing Roblox can help you cheer up and feel happy again.

Which statement summarizes the paragraph?

- (A) Playing Roblox can make the brain release chemicals that improve a person's mood.
 - (B) A person's mood can change when they play games like Roblox with their friends.
 - (C) People who are happy spend less time playing Roblox and other video games.
 - (D) Kowert studied the effects that playing Roblox can have on a player's mood.
- 3 How does the section "Earn Some Money" support the author's argument that playing Roblox can be good for kids?
- (A) It explains that Roblox is a game that focuses on making money.
 - (B) It describes how much money Robux is worth in the real world.
 - (C) It compares Roblox with other games that teach kids about money.
 - (D) It shows players can build their own games that other people can buy.
- 4 Which kind of evidence does the author use to support the idea that playing Roblox can reduce stress and anxiety?
- (A) data
 - (B) stories
 - (C) expert opinion
 - (D) firsthand experience

Answer Key

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