

# HOMework

## Research suggests too much homework lacks benefits and has negative impacts

While homework has benefits for students as they grow, research shows that elementary school students gain little to no benefit from homework. Especially in lower grades, homework can be harmful to students rather than helpful. Part of the problem is that homework is often low quality (the same for every student, promoting rote learning through worksheets, drills etc).

### How Too Much Homework Harms Health



#### Fatigue

Homework can cut into sleep time causing physical and emotional fatigue.



#### Less Family Time

Social connections which help kids de-stress and stay healthy are weakened.



#### Reduced Physical Activity

The lack of which contributes to health problems and obesity.



#### Less Play

Especially for kids 7 and under for whom research suggests play is the most appropriate way to learn and grow.

### How Much is Too Much

While there is no consensus on how much homework is too little, many researchers and policy makers agree that more than ten minutes per day per grade is too much. That's:



No homework in Kindergarten



10 minutes per day in Grade 1



40 minutes per day in Grade 4

### SOURCES

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