- School Should Have Longer-Recess 5C (17) Luo Kin Ngai, Robert Nowadays, students have 10–15 minutes of recess during lessons to rest. In my opinion, students should have longer recess. First, students should have longer recess because the ; duration of each lesson is 30 minutes, and they don't have much time to rest. Generally, the recess time should be increased to 45-55 minutes. If students have more time, they will have more fun like playing games, chatting with friends and eating some snacks. Second, students should have longer recess because they can prepare for the upcoming dictations and exams. Then they can get better grades. Certain exams are pretty challenging, but students can have more time to study if there is longer recess. In conclusion, I think students should have longer recess.