

Here's what we covered:

- Getting enough sleep is super important for our wellbeing, therefore:



FINISH UP YOUR SCREEN TIME

- It is important to have a balance between screen time and green time. Green time is the name we give to all the activities we do that are not on a screen - sport, reading, time in nature, music, board games, dance etc.
- Some things we do online make us feel happy & excited, whilst some things can make us feel upset or angry.



Some conversation starters:

- Thinking about how you spend your time online... When are times that you feel happy & excited? When are times that you feel frustrated & upset?
- Thinking about the last week, what were your favourite green time activities? Are there any others you could try this week?
- What can we do in that hour before bedtime to get our brain and body ready for sleep?
- [Check out our parody of the song, "Cups"!](#)

Further Support:

