

Here's what we covered:

- If we are having screen time, we need to balance it with "green time". Green time is the name we give to all the activities we do that are not on a screen. E.g. reading, board games, sport, dance, time in nature etc.



- Sometimes it can be hard to finish up and put down our devices.



- It's important to remember: 1 hour before dream time, finish up your screen time.



Some conversation starters:

- Can you think of a time when you found it hard to finish up your screen time? How were you feeling?
- Let's listen to '[Finishing up Screen Time with Ollie](#)' together and practise the moves.
- 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?



Listen to all of our songs by searching for "Ollie Online" on Spotify, Apple Music or YouTube.