

Here's what we covered:

- It's important, and healthy, to balance screen time with green time - all the things we do when we're not on a screen.

▶ ['Screen Time & Green Time'](#)

- Because sleep is really important we need to remember that "1 hour before dream time, finish up your screen time".
- Sometimes it can be hard to put our devices down but there are things we can do to make that transition easier.

▶ ['Finishing Up Screen Time'](#)



Some conversation starters for home:

- What do you think could happen if you didn't have any green time?
- Are there any new or different green time activities we could try this week?
- Can you think of a time when you found it hard to finish up your screen time? And why was it tricky?
- Let's listen to '[Finishing up Screen Time with Ollie](#)' together and practise the moves.
- How can we get our brain and body ready for sleep?