

SCREEN TIME & GREEN TIME

Can you lean to the left?
Can you lean to the right?
If you think about balance
Then you're doing alright

CHORUS:

You can have some screen time
But you've gotta have green time
What time is green?
Here's what I mean...

You can lay upon your bed and read a book
You can go explore outside and take a look
Kick a ball or go riding on your bike
If you think about balance
You're doing alright

CHORUS

You can build a rocketship, let's pretend
You can play all by yourself or with a friend
We need to grow our bodies and our brains
Tell me, what's your favourite green time game?

CHORUS

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