

# FINISHING UP SCREEN TIME WITH OLLIE

If you're feeling  
Stuck like glue  
To your screen  
Here's what to do.  
First things first  
Put down your screen.  
It's not as tricky  
As it seems!



Come on, stand up  
If you can.  
Shake, shake, shake  
Shake your hands.  
Try this move  
We do insist.  
We're calling it  
A pretzel twist!

Then breathe in...  
And breathe out.  
Then breathe in...  
And breathe out.  
Then breathe in...  
And breathe out.

