

Preston's Youth Services Bureau sponsored...



Screen-Free Week is an annual event where children, families, schools and communities around the world are encouraged to turn off screens and "turn on life".



Instead of relying on screen-related media such as television programming or video games for entertainment, participants read, daydream, explore, enjoy nature, and spend time with family and friends. Over 300 million people have taken part in the turnoff, with millions participating each year.

With thanks from the **Preston Youth Services Bureau**, here is how the Preston community participated in the **Screen-Free Week** each afternoon at Preston Veterans' Memorial School from May 19-23, 2025:

- Each day, more than 25 children attended from Kindergarten through 8th Grade. The children were divided into two age-appropriate groups.
- Participants explored painting techniques, played outdoors, and participated in fun STEM activities!
- On Friday, despite the rain, more than 30 people attended family night. All of the kiddos enjoyed running and playing in the rain.

Activities included:

- Monday: Paint activity and outdoor games
- Tuesday: Submarine Force Museum
- Wednesday: Paint activity and outdoor games
- Thursday: STEM activity and EastConn Mobile Manufacturing Lab Truck
- Friday: Family Night! – Music, inflatables, Kona Shaved Ice, and pizza

More info, visit: [Screen-Free Week](#) and Preston's [Parks, Recreation & Youth Services](#)