Overcoming Nature-Deficit Disorder: Fun and Fulfilling Outdoor Activities for Your Family

Today’s children (and adults) are spending more time in front of screens than ever before. This can lead to a condition called nature-deficit disorder, which has been known to contribute to obesity, attention struggles, and mental health issues in children. Fortunately, the solution to warding off this affliction is quite simple: Spend more time outdoors. Here are some kid-friendly activities you and your family can enjoy as the weather warms.

Into the Great Outdoors

- Participate in Birdwatching at a Wildlife Sanctuary
- How I Taught My Kindergarten Kids to ID Hundreds of Birds
- Top 10 Tips for Whitewater Rafting with Kids
- Teach Your Kids to Fish in 10 Easy Steps
- Camping Safety and Rules for Kids
- How to Plan a Hike for the Whole Family
- Tree Identification Scavenger Hunt for Kids
Kayaking with Your Kids: Here Is What You Need to Know

Close to Home

6 Mind-Blowing Backyard Science Experiments for Kids
How to Plant a Butterfly Garden with Your Child
10 Sidewalk Chalk Ideas That'll Keep Kids Entertained for Hours
Increase Kid Activity Levels with a Backyard Playscape
9 Fun Backyard Water Games for Kids
5 Reasons Why Your Child Should Start Playing Badminton
Storm Spotting for Children: At-Home Meteorology
Planting a Family Tree Together

Spending time outdoors can reduce anxiety, boost your mood, improve concentration, and enhance physical fitness. With some fun outdoor activities, your family can connect with nature, overcome nature-deficit disorder, and develop lifelong healthy habits.