



Battle Nature-Deficit Disorder With These Fun Outdoor Activities!

Is your family experiencing cabin fever without even realizing it? Thanks to social media, streaming, and video games, more and more families are experiencing what's known as nature-deficit disorder. Too little time outside can lead to obesity, mood disorders, and other major health issues that are increasingly affecting America's youth. Here are some great outdoor activities you can use to get your kids back to nature.

Fun and Games

[The 8 Best Outdoor Games of 2020](#)

[Clever Outdoor Activities for Kids – No Yard Required!](#)

[Neighborhood Scavenger Hunt](#)

[Explore Powell's Many Parks and Outdoor Areas](#)

Productive Tasks

[How to Give Young Children Reward Outdoor Chores and Fun Yardwork](#)

[Start a Garden to Grow Food](#)

[When Should Children Be Allowed to Walk Dogs Alone?](#)

Outdoor Learning

[Backyard Tree Identification Guide](#)

[20 Outdoor Science Experiments for Kids](#)

[9 Great Outdoor Learning Activities for Springtime](#)

[Storm Spotting for Children: At-Home Meteorology](#)

[Easy Outdoor Art Ideas That Kids Will Love](#)

Sports and Adventure

[How Parents Can Pick the Best Sport for Their Kids](#)

[How to Build a Backyard Climbing Wall](#)

[4 Tips When Mountain Biking With Your Child](#)

[Hiking with Infants, Toddlers, and Kids](#)

The absolute best way to get your kids outside is joining them! If you lead by example, you can teach your children to embrace and respect nature. And remember, the benefits of spending time outdoors apply to adults, too.

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