



Beyond Your Front Door: Helping Your Children Avoid Nature-Deficit Disorder

Do you worry that your children are spending too much time inside and too little time playing outdoors? Do they tend to act anxious, apathetic, or easily irritated? They might be exhibiting symptoms of nature-deficit disorder, which can occur when people lose their connection with nature. The good news? It's easy to find the antidote. These resources will inspire you to explore the great outdoors with your children!

Playing Outside

[11 Jump Rope Songs and Games for Kids](#)

[Budget for a Backyard Basketball Court](#)

[Fun Trampoline Games](#)

[7 Reasons You Should Teach Your Kids to Play Hopscotch](#)

[25 Backyard Art Projects for Kids](#)

[How to Safely Observe Wildlife from Your Home](#)

Family Outdoor Fun Away From Home

[How to Teach Kids to Surf](#)

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

[5 First-Time Skiing Tips for Families](#)

[Tips for Canoeing and Kayaking With Kids](#)

Learning About Nature

[Stargazing for Kids: How to Inspire Young Astronomers](#)

[Tips for Family Day At the Zoo](#)

[Gardening Projects for Families](#)

[10 Easy Crafts for Kids Inspired by Mother Nature](#)

[Explore the Wetlands at Alexandria Community Park](#)

Children can learn a lot from getting in touch with the natural world. Even though we're very reliant on technology nowadays, nature-deficit disorder is not an inevitability for your family. Playing outdoor sports, spending time in your backyard, and teaching your kids about plants and animals will help your family say goodbye to nature-deficit disorder.

Source: [Unsplash](#)