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Resources to Help You and Your Family Spend More Time Outdoors

Take a moment to think about the things you've done over the past week or so. Once you've taken stock of everything, ask yourself this question: How much time did I spend outside? If you and your family spend hardly any time outdoors, you could end up with something called nature-deficit disorder, which can affect both your physical and mental well-being. Fortunately, the solution is as simple as heading outside.

If you don't know how to get started, we've compiled some resources that will help you and your family discover some incredible nature-based activities!

[Into the Outdoors: Curing Nature-Deficit Disorder](#)
[How to Encourage Kids to Spend More Time Outdoors](#)
[10 Ways to Bridge the Gap Between Tech and Nature](#)
[Best Apps for Identifying Bugs, Trees, and More](#)
[9 Great Outdoor Learning Activities for Springtime](#)

[Creative Outdoor Games for Family and Friends](#)

[25 Easiest Low-Prep Obstacle Courses for Kids](#)

[Information About Installing a Backyard Playground or Swing Set](#)

[7 Tips to Help You Choose the Best Kids Bike for Your Child](#)

[5 Benefits of Taking a Daily Family Walk for Kids](#)

Nature-deficit disorder has an intimidating ring to it, but these resources can help you overcome this condition. In reality, all it takes is spending time in the sun and enjoying everything Mother Nature has to offer. Even if you don't follow any of the guides above, chances are you can easily find something that everyone will enjoy.