



15 Great Outdoor Activities for Families

Did you know most kids aren't spending enough time outside? The days of spending your childhood running around until the streetlights turn on have gone away. Instead, many children find their time occupied by lots and lots of screen time.

The lack of physical activity, exposure to sunlight, and time spent in the fresh air are having serious health ramifications for kids. In fact, medical professionals have coined the term nature-deficit disorder to refer broadly to the problems this issue causes. Increased rates of childhood anxiety, obesity, and other major health problems have all been linked to too little time outside.

In an effort to help you combat this in your own family, we've gathered some excellent outdoor activities you can do together. Here are 15 fun ways to reconnect with nature.

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[Gardening with Children](#)

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

[Backyard Water Fun Without a Pool](#)

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[22 Totally Awesome Sidewalk Chalk Ideas](#)

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[The Top 5 Outdoor Sports for Kids](#)

[How to Install a Basketball Court](#)

[How to Plan a Hike for the Whole Family](#)

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

[Rock Climbing for Kids: When Is the Best Time to Start?](#)

These are just a few of the exciting activities you and your kids can do outside. Work together as a family to come up with even more ways to enjoy your yard, neighborhood, and local parks and green spaces. There's so much to explore in the great outdoors!

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