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Overcoming Nature-Deficit Disorder: Tips to Get Your Family Outside

As much fun as it is to kick back, relax, and chill in front of your TV or tablet, it's important to remember that everyone — kids *and* adults — needs to spend some time outside. Not only does getting outside give you an opportunity to exercise, but research suggests that spending time in nature actually improves your [mental well-being](#). Failure to do so could result in something called nature-deficit disorder, a term that's growing in popularity as more and more people spend time indoors.

If your family avoids nature on a regular basis, use the following resources to help reconnect your family with all the incredible experiences lurking just beyond your door.

Educational Backyard Adventures

[Beginner Vegetable Gardening Made Easy](#)

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

[How to Get Started in Backyard Astronomy](#)

[A Guide to Trees in Your Own Backyard](#)

Backyard Games for Everyone

[30 Classic Outdoor Games for Kid](#)

[8 Outdoor Games That Don't Need Equipment](#)

[10 Best Backyard Games You Can Buy](#)

[5 Soccer Variations to Play in Your Backyard](#)

Taking the Fun Beyond the Backyard

[Top 10 Neighborhood Games for All Ages](#)

[Top Sites for Finding Hiking Trails Near You](#)

[Beginner's Guide to Cycling with Kids](#)

[Geocaching with Kids: Getting Started](#)

This list of resources only scratches the surface of the many, many things you and your family can do outdoors. So, before selecting anything, sit down and have a discussion with everyone to see what they'd like to do. Come to a consensus, put together a plan as a family, and then throw open the back door — adventure awaits!