



## Nature-Deficit Disorder and Outdoor Activity Resources for Families

People need fresh air and sunlight to grow and thrive, and this goes for adults and children alike. Despite these needs, however, technology tends to keep too many kids trapped inside, instead of spending time in nature. This can lead to a condition called nature-deficit disorder, which is becoming a growing issue for children, adults, and families.

If you want to learn more about this potentially harmful disorder, as well as how to prevent nature-deficit disorder in your children and encourage a love of nature, then you will want to read through these helpful resources.

*For more ways to encourage youth to enjoy the great outdoors, visit [Reach Outside](#), where we provide opportunities for youth to explore outdoor recreation in Michigan.*

## **Outdoor and NDD Resources for Parents**

If you're unfamiliar with nature-deficit disorder, these resources can help provide you with the information you and your child need.

[What Is Nature-Deficit Disorder?](#)

[How to Motivate Kids to Play Outside](#)

[Sun Safety for Kids and Parents](#)

## **Educational Outdoor Activities for Children**

There are plenty of activities that children can do outdoors, many of which are educational.

[How to Identify Different Types of Trees](#)

[Why Gardening Is Beneficial for Kids](#)

## **Active Outdoor Activities for Children**

If you want your child to be more active, give these resources a look!

[Why Outdoor Exercise Is Great for Families](#)

[How to Choose Kids' Bikes](#)

[Fun and Educational Hiking Games for Kids](#)

[Active Outdoor Games to Play with Kids](#)

[6 Fire Pits You Can Make with Your Kids in a Day](#)

## **Group Outdoor Activities for Children**

What makes outdoor activities better? Doing it as a group - when it is safe to do so, of course!

[Picking the Best Team Sport for Kids](#)

[Planning a Safe and Fun Pool Party](#)

Honestly, getting kids outside is half the battle when it comes to preventing nature-deficit disorder. Once you have your children off the couch and out of the door, you can use activities listed above to keep them having fun. That way, your kids will learn to love the outdoors.

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