



Combat Nature-Deficit Disorder with These Great Outdoor Activities and Outings

If your kids or teens spend most of their time scrolling through social media, watching television, or lounging around inside the house, they could be at risk of developing nature-deficit disorder (NDD). NDD isn't a formal psychological diagnosis, but recent research shows that ample outdoor time is crucial to the physical, mental, and emotional well-being of children and adults alike. Without the outdoor time your children need to feel their best, they may experience attention difficulties, memory impairments, and feelings of depression or anxiety.

While getting your kids outdoors may be a challenge, your children will one day thank you for teaching them to appreciate the natural world we live in. To assist you in getting your kids outdoors and protecting them from NDD, we've compiled the following list of nature-based activities and outings for children and adults alike.

[Hiking Trails and Recreational Areas by State](#)

[Everything You Need to Know About Snowshoeing with Kids](#)

[The Top Mistakes When Taking Kids Fishing for the First Time](#)

[The Best Campsites in Each of the 50 States](#)

[Outdoor Cooking with Kids: 7 Kid-Friendly Ways to Make Camp Cookouts More Fun](#)

[15 Fun and Fabulous Backyard Ideas for Kids](#)

[Storm Spotting for Children: At-Home Meteorology](#)

[Gardening Projects Your Kids Will Love](#)

[Backyard Tree Identification Guide: Get to Know Your Trees](#)

[Be a Park Cleanup Volunteer with Your Whole Family](#)

[Baseball 101: Teach Your Child How to Throw a Baseball](#)

[Easy Outdoor Art Ideas that Kids Will Love](#)

Fortunately, the negative effects of nature-deficit disorder can be reversed at just about any age — even after your kids have grown up with tech devices and spent much of their lives indoors. By taking your kids on regular hikes through nature, planning family camping trips, and creating art in your own backyard, you'll teach your children to appreciate the great outdoors while also helping them to obtain the outdoor time they need to feel their very best.