



Image via [Pexels](#)

Outdoor Adventures Are Not Optional

If you're in the 30-plus age group, your summers were likely spent mostly outside, doing things like playing hide and seek and exploring the neighborhood. Today's children, however, are much less likely to have these types of enriching outdoor adventures. But there are plenty of reasons why they should. Nature-deficit disorder — the non-official term for the problem of spending too much time under a roof — can cause an assortment of health problems, up to and including obesity. Here are some resources to help you beat this burden.

Is It Really Bad to Be Inside?

In short, yes, spending too much time inside is not all it's cracked up to be.

[All You Need to Know About Nature-Deficit Disorder](#)
[You Asked: Is It Bad to Be Inside All Day?](#)

What to Do When You're Ready to Head Out

When you've never pushed outdoor time, it may take a while to find something that you all enjoy together. Here are some fun, family-friendly ideas to get you started.

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

[Increase Kid Activity Levels with a Backyard Playscape](#)

[Project Guide: Building a Sandbox](#)

['Bug Hunt' Is a Scavenger Game That Teaches Kids About Nature](#)

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

[Tinkergarten's Advice for Climbing a Tree](#)

Spend Some Time on a Boat

For some people, the most relaxing thing to do is to spend time on a boat. This could involve exploring a lake, heading out to a favorite swim spot, or going fishing.

[15 Ideas to Make Boating More Fun with Kids](#)

[Life Jackets for Kids](#)

[Pro Tips Guide to Introducing Your Kids to Fishing](#)

[Get a Good Trolling Motor for Your Fishing Boat](#)

Safety Matters, and It Starts with You

Any time you experience something new, there are steps you can take to make it safe.

[How to Teach Sun Safety Habits to Kids](#)

[How to Prevent Child Drowning: A Must-Read Guide for Parents](#)

Live in the City? Here Are Some Options for You

Green spaces are sadly disappearing throughout the United States. However, that doesn't mean you have to spend all of your time in the concrete jungle.

[How to Plant an Urban Garden: A Step-by-Step Tutorial](#)

[3 Ways to Cultivate More Green Space in Your Community](#)

[How to Connect Kids with Nature on Family Vacation](#)

[Nature and Adventure Tours and Trips in the USA](#)

The above resources can help you get outdoors and get a better idea of why, exactly, you should. Plus, you'll find information on fun games and outdoor excursions that are suitable for the entire family. Don't wait, start planning your spring, summer, and fall right now, and make sure to include lots of time in the sun.