

# Family-Friendly Outdoor Activities to Protect Your Children from Nature-Deficit Disorder

It's no secret that today's youth are consumed by smartphones and tablets, spending much of their time indoors rather than outside in the fresh air. Unfortunately, this puts many children, teens, and adults at risk of developing nature-deficit disorder—a term that describes the negative effects of spending too little time outdoors. However, it's never too late to reconnect with nature, and the following resources can help families with children to do just that!

## Transform Your Backyard

[Install an In-Ground Trampoline](#)

[Build Your Own Backyard Rock Climbing Wall](#)

[Install a Swing Set or Playground: Find Out How Much It Costs](#)

## Learning Activities for Each Season

[Winter: Learn How to Identify Common Animal Tracks in the Snow](#)

[Spring: 9 Great Outdoor Learning Activities](#)

[Summer: Bird Watching Tips for the Summer Months](#)

[Fall: 5 Outdoor Learning Experiences & Activities](#)

## Outdoor Adventures for Kids and Adults Alike

[Go Horseback Riding](#)

[Visit a Hiking Trail](#)

[Take a Fishing Trip](#)

[Pick Berries and Apples](#)

## Nature-Based Activities that Better the Environment

[Plant a Tree in Your Backyard](#)

[Start Your Own Hummingbird & Butterfly Garden](#)

[Create a Backyard Berry Patch](#)

[Build Your Own Bat House](#)

With so many great outdoor activities to be enjoyed as a family, there's no need to stay cooped up indoors—especially during the spring, summer, and fall months. By planting trees in your backyard, picking berries from a local farm or orchard, and turning your backyard into something new and exciting for your kids to enjoy, you'll help your children to connect with the outdoors—while also protecting them from nature-deficit disorder.