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Keep Your Children Healthy in a Natural Way

Here's a scary wake-up call: Kids spend entirely too much time indoors. Whether they are watching television or playing on their tablets, the generation we're raising today doesn't have nearly enough time to run, jump, and play. But this can change — and it should. All of this time inside can leave your children stuck with a life-long disease known as nature-deficit disorder.

In the Know and on the Go

While the internet holds a world of wonder, the world is a wonder in itself. Whether they are simply checking out the trees in your own backyard or building a rocket to launch toward the sun, the following ideas are fun activities you can do together.

[The Best Spots for Fossil Hunting in America](#)

[Backyard Tree Identification Guide](#)

[7 Mind-Blowing Backyard Science Experiments for Kids](#)

[Water Balloon Science Experiment](#)

[We Have Liftoff! Make a Stomp Rocket Launcher](#)
[How to Make a Kite from a Recycled Plastic Bag](#)

Do What Moves You

Older kids might not be content with learning for fun. Adolescents may be more interested in an adrenaline rush. Kayaking, archery, and mountain biking may do the trick. Here's some information on these activities and more.

[4 Tips When Mountain Biking with Your Child](#)
[What You Need to Know When Kayaking with Kids](#)
[What to Know Before You Go Fishing with Kids](#)
[6 Tips for Taking Your Kids Out on the Golf Course](#)
[25 Reasons Archery Is Good for Kids](#)
[5 DIY Ways to Teach Your Kids Tennis](#)

If you want to truly give your kids everything, give them the world. Spending time outside can keep them engaged and active, and help prevent other issues associated with nature-deficit disorder. So, dust off the sneakers, grab the kids, and immerse yourself in all things outdoors.