



Image via [Pexels](#)

## Encourage Your Kids to Go Outside with These Family-Friendly Ideas

Time outdoors is something that our children get much less of than we did. Thanks in part to the internet and devices, kids — and adults! — stay inside more often. This has given rise to nature-deficit disorder, and children across the country are feeling the effects.

Here is what you need to know about it and how to get the kids outside for the cure.

*Experience natural beauty at [Norfolk Botanical Garden](#) all year long! [Become a member](#) today!*

### **What is Nature-Deficit Disorder?**

Learn about nature-deficit disorder and why your kids need to spend more time outside.

[Five Symptoms](#) of Nature Deficit Disorder, and How Mindfulness Can Help  
Kids Now Spend Twice as Much Time [Playing Indoors](#) Than Outdoors  
How Much Screen Time is [Healthy for Children?](#)

## **Play At Home**

Keep your kids engaged with backyard fun!

25 Easy [Backyard Games](#) Any Kid Can Play  
[Gardening with Kids](#): What to Plant and Fun Activities  
[Storm Spotting](#) for Children: At-Home Meteorology

## **Learning While Outdoors**

No matter the season, there are tons of educational activities your children can participate in.

[Outdoor Learning](#) and Nature Activities for Kids  
How to Build a [Beehive](#)  
3 Benefits of [Reading Outside](#)

## **Around Town And Beyond**

Turn your time in nature into an adventure!

Enjoy [Norfolk Botanical Garden](#)  
7 [Virginia National Parks](#) for Outdoor Lovers  
The [Ultimate Guide](#) to Camping with Kids  
Use [Target Coupons](#) to Save on Camping Gear

These ideas can boost your family's outdoor time, whether you want to stay home or explore the cool things to do and see just outside of your hometown. No matter what you choose, just know that each hour spent away from TV, video games, and social media is an hour that will have a lasting impact on your entire family.