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## The Great Outdoors Is Calling, So Help Your Family Embrace It

Inside activity and device usage continue to be ever-present among families everywhere. And while technology has its place in the world, so does time outside. With childhood obesity, poor nutrition, and inactivity on the rise, it's time for parents to put more of an emphasis on time outside. To help stop nature-deficit disorder in its tracks, find activities your children and the whole family can enjoy. While time in nature is ideal, time outside in general is better than nothing at all. Here are some resources to help boost your children's outdoor playtime.

### **Make the Backyard More Inviting**

*Backyard activities can go a long way toward getting your children interested in being outside.*

[10 Teachable Moments in Your Backyard](#)

[Easy Children's Vegetable Garden Plan](#)

[9 Great Outdoor Learning Activities for Springtime](#)

[Enhancing Your Backyard Could Boost Your Home Value](#)

## **Look Beyond Your Home**

*There are so many options for families to immerse themselves in the great outdoors.*

[9 Amazing Benefits of a Family Nature Walk](#)

[How Geocaching Can Get Your Family Outside, Moving, and Having Fun](#)

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

## **Travel Can Be a Great Option**

*Whether it's stateside or abroad, you can still get into nature when you travel.*

[12 Tips for Your First Family Backpacking Trip](#)

[10 Best Wilderness Family Vacations](#)

## **Outdoor Sports Are Great Too**

*Sometimes it can't always be nature-related, but being outdoors at all is good enough.*

[Fishing for a Good Time with Your Kids](#)

[Build a Soccer Champion in Your Own Yard](#)

Getting your kids into the great outdoors doesn't have to be a monumental undertaking. Start in the backyard and move your way to hiking or camping. And remember, even if you can't get into nature today, just being outside can provide your kids with a wealth of health benefits.

***[Hershey Montessori School](#) incorporates student-nature connections into daily academic lessons and schedule. Hershey Montessori School can prepare your kids for college and life. Take a [virtual tour](#) today!***