

# Do Your Kids Spend Too Much Time Indoors? (Probably!)



Image via [Pexels](#)

Kids don't get out like they used to. Today's youth are growing up with one thing most parents reading this now didn't: unlimited internet access! And that means less physical activity. This has led many health care providers to begin using the term *Nature Deficit Disorder* to describe the weight gain and moodiness associated with too much time inside. If you're looking for a way to interest your children in something other than video games and social media, these links presented by the city of [White Rock](#) can help.

## Enhance Your Home Space

You don't have to have a huge outdoor space to create something stunning and fun.

[How to Build a Backyard Basketball Court](#)  
[6 Fire Pits You Can Make in a Day](#)

## Take Adventures Together

Grab a backpack, and plan to spend a long Saturday afternoon together.

[A Guide to Paddleboarding Safely with a Child on the Board](#)

## [Geocaching and How Its Done](#)

### **Get Competitive**

Sometimes, all kids need is a little healthy competition to strap on their sneakers.

[When the Ice Melts, Play Street Hockey](#)

[Born to Run—Or Are They? Here's a Guide to Kids and Running](#)

[Recreate a Classic: Capture the Flag](#)

[Kick it With Croquet](#)

### **Conservation Matters**

Being outside is an excellent time to learn about conservation with the kids.

[Wild About Wildlife](#)

[Wet and Wonderful: Talk About Water Sustainability](#)

[Inspire Your Kids to Save the Planet](#)

The above ideas are just the beginning. There are literally endless possibilities of things you can do in the great outdoors. Remember, what's important is not what you and your kids do, but that you do it with fresh air and sunshine.