



## Get Kids Outside and Involved in Nature During the Pandemic

Nature-deficit disorder combined with stay-at-home orders is the perfect storm for parents. We know now more than ever how important it is for our children to get outside and away from the screens, but the pandemic has created new wrinkles with this.

Rather than dwell on the impossibilities, it's time to get creative with the options available to your family. When you think outside the box a bit, you can unearth a wealth of outdoor opportunities that will help your children engage with nature.

### **Start with the Backyard**

*It's likely the backyard will be your main source for outdoor activities, so you want to have a variety of options to keep things interesting.*

[19 Backyard Games for Beating Boredom](#)

[Learn About Local Vegetation: Backyard Tree Identification Guide](#)

[6 Tips for Stargazing in Your Own Backyard](#)

[The Home-Based Safari Guide: How to Safely Observe Wildlife from Your Home](#)

[Gardening with Kids: 10 Simple and Amazing Steps](#)

[How to Plant a Butterfly Garden with Your Child](#)

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

### **Look to Nearby Parks That Are Open**

*Check to see which parks are open where you can safely hike or bike trails. If there are nearby lakes, find out if you can fish.*

[How to Plan the Perfect Picnic: Your Kid Friendly Survival Guide](#)

[ABCs of Bike Safety During the Quarantine](#)

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

[Frequently Asked Questions for Hiking During the Covid-19 Pandemic](#)

[How to Fish Safely During COVID-19](#)

### **Get Extra Creative**

*You always want to have a few extra activities up your sleeve for down the road.*

[Experience a Live Butterfly Kit](#)

[Learn About All the Different Insects in Your Neighborhood](#)

[How to Have a Family Scavenger Hunt](#)

[Nature Journaling with Kids](#)

[How to Build Firefly Habitat](#)

The only way to beat the indoor boredom blues without screens is to get outside, but you need to have engaging activities to keep kids interested and occupied. Plus, with all of these different activities, you could lay the foundation for your kiddos to become true nature enthusiasts.

Image Courtesy of [Unsplash](#)