

Four Ways to Encourage Children To Get Outdoors More

Description

As children get older, there will be more and more distractions for them. Computer games, games consoles, friends, and other activities can all be a distraction from wanting to get outdoors. When children are younger, they will follow your lead and if you're heading out on a walk, then they will be coming with you too. But as your children get older, and if they don't already have a love of the outdoors, how can you help them to [get outside more](#) and enjoy all that nature has to offer? Here are some ideas to help.



[image](#)

Eating alfresco

If you want to encourage older children to get outside with you, then it is wise to think about involving food in some way. It could be that you choose to go for a breakfast picnic with them, or perhaps you just decide to eat out in the backyard on a warm summer evening. When they're outside for the food, it makes it easier to then go for a walk or play in the yard as they are out there already.

Make it more fun

Just saying to the kids that you're all going on a hike can feel a little dull and boring, especially if their other option is playing a bright and shiny new game online with their friends. So you need to think of ways to make it more fun. For example, if you want to take your children fishing, then make sure you get something like a [jika rig](#) to make the process easier for them. If you're thinking of going camping, then incorporate something like making s'mores, to make the whole thing much more enjoyable for them. If you are focusing more on making your backyard more fun for them, why not think

about installing a pool? There are websites such as <https://premierpoolsandspas.com/locations/> that can help you with finding a builder for your pool. It's a great exercise and it will certainly get them out from behind that computer as they'll be outside in the fresh air having fun.

Take the indoors outdoors

If you have children that just want to play with their Lego or read books, then how about bringing that outside? They could read in a hammock outside or bring games and toys to the park or to the backyard to play with. Then they get the best of both worlds, doing what they want to do, all the while being in nature and soaking up some [all important vitamin D](#) from the sun.

Create a scavenger hunt

Even if they don't want to admit it, there aren't many children that don't enjoy hunting for something, especially if there is some kind of reward at the end of it all. By creating a scavenger hunt for your children, you could get them into the woods, the local park, or just in their backyard, searching for things in nature, getting them moving, and having lots of fun at the same time.

One of the key things as parents is that we need to lead by example. If you're reluctant to get outdoors, then it will be no surprise that your children are that way inclined too. Be enthusiastic when you talk about your plans and outdoor activities, talk about the benefits, and make sure that activities are planned in order to get you all outdoors exploiting and enjoying nature.

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