

5 Ways to Encourage Your Kids to Spend More Time Outdoors

Description

Sadly, many kids today would rather sit indoors in front of a television screen or computer screen than go outdoors. Research shows that fresh air and physical movement is vital for children, but getting them outside is sometimes more work than expected. Keep reading for tips on encouraging kids to spend more time outdoors.

1. Focus On Their Interests

Just because parents enjoy hiking and biking doesn't mean their kids do. Kids will be excited about going outside if it involves something they love. If kids love a sport, get the equipment and go outside to play. This could be a [Castle Sports](#) a soccer goal, or a volleyball net.

If kids enjoy reading, find an outdoor location ideal for reading, like a park or a garden. For children who enjoy drawing, consider visiting nature areas for artistic inspiration. Check out parks, zoos, and locations with beautiful landscapes.

Children who love to build can be enticed to go outside and build a fort, bridge, or catapult. These projects can last for days, especially if parents go out with their kids.

2. Spend Time With Kids Outside

Kids are more likely to go outdoors if someone is going with them, especially a parent. Play games, like soccer or cornhole, splash in a creek together, or talk. Ask children what they would like to do outside instead of telling them what they should do.

Consider having a summer [bucket list](#) to work through with kids on summer vacation. Brainstorm ideas together and place the list on the wall or refrigerator as a reminder. An alternative might be to have a specific day of the week as a family adventure day. Each week, one family member gets to choose the activity and location.

3. Invite Friends Over

Some kids get very excited about playing with friends. Ask the neighbors or friends to come over for an outdoor play day. Consider organizing outdoor playgroups for the neighborhood. Encourage meet-ups at local parks or recreational areas. Only children especially enjoy having friends over to play outside with them.

4. Make Outdoor Time Routine

Families make time for what is essential. Consider making outdoor time part of the daily routine. Once an activity becomes routine, a habit is formed, and children will continue to do the activity even after it is not required.

Many parents make the hour before dinner time outdoor playtime. This provides children great time to get out their energy from the school day, while moms have time to prepare dinner and pack lunches for the next day.

Another routine many moms enjoy is children playing outside at the school playground after school pickup. This allows mom some adult socializing time and the children a chance to get energy out before coming home to start homework.

5. Use the Outdoors for Everyday Activities

Parents and kids alike can get outside for many everyday activities. Eat dinner on the deck, read books in a hammock, and play games on the patio. If the weather is nice, do crafts and homework outside. Purchase inexpensive [patio furniture](#), throw blankets, and comfortable pillows. Everyone will want to spend time outdoors as a family in this kind of environment.

The great outdoors is calling. Use these tips to encourage everyone in the family to spend more time outside.

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