

10 teenage adventures to go from 'I'm bored' to 'I can do this!'

1

Create a photo challenge

Pick a theme like "summer colours", "hidden nature" or "unexpected places" and spend an hour capturing photos on a phone or camera.



2

Plan a mystery day out

Give teenagers a budget and let them plan a local family adventure, from the route to the snacks and activities.



3

Try geocaching

Turn an ordinary walk into a real-life treasure hunt using GPS clues and hidden caches.



4

Set a cooking challenge

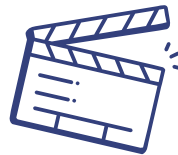
Choose a theme, mystery ingredient or budget and see who can create the best meal or snack.



5

Film a mini documentary

Create a short film about family life, local wildlife, favourite places or a made-up story.



6

Explore somewhere new

Visit a nearby town, walking trail, beach or park you've never explored before.



7

Create a fitness challenge

Set step goals, bike ride distances or mini obstacle courses and compete together.



8

Start a random acts of kindness mission

Deliver positive notes, help neighbours or complete simple acts of kindness in your community.



9

Host a no-phone challenge night

Swap screens for games, music, cooking, storytelling or outdoor activities for an evening.



10

Learn a survival skill

Try map reading, knot tying, den building or outdoor cooking together.

