8. GO ON A FLIP-A-COIN ADVENTURE



It's time to fly by the seat of your adventure-pants in this flip-a-coin adventure! And the best thing about it is that you can do it wherever you are.

Grab a family member for an hour or two. Then decide on the starting point for your adventure. It could be a local landmark, your school gates, your front door or your nearest park. Make sure you have a coin with you as it will be your chief decision-making tool. Each time you get to a junction, stop and flip the coin to decide between left and right. Keep doing this at every junction you come to for an hour and just ... go with the flow. There's a thrill in not knowing what you might find around the next bend.

Once you've got the hang of a flip-a-coin adventure, try mixing things up. You could do the same adventure cycling, scootering, skateboarding or roller-blading over a morning or afternoon, so you can explore an even bigger area.





9. LEARN TO SLACK-LINE

Nothing will improve your balance skills like tip-toeing on a slack-line. A slack-line is a narrow strip of material that is stretched between two points, so you can walk across it. Or rather ... try to. Learning to slack-line involves huge amounts of concentration, plenty of falling off, a fair amount of giggling and a real sense of satisfaction if you manage to stay on the line at all.

Set up the slack-line between two trees in your garden or local park. It's a good idea to begin barefoot so that you can really feel the line beneath your feet. Try to keep the line underneath the middle of your foot and to control your breathing. Even balancing on the line and breathing deeply is great practice. The slower you breathe, the less you'll wobble!

Once you can get across the line from one tree to the other (this might take a few weeks), set yourself some challenges:

* Can you balance on one leg?
* Can you crouch down and stand up again?
* Out of your group of friends who can stay on for longest?

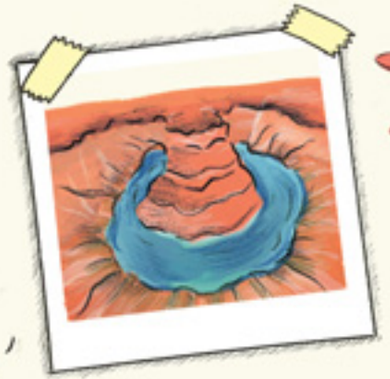
WHEN YOU GROW UP:

High-lining is like slack-lining, but really high-up. The Flying Frenchies, a group of high-line artists, were the first people to walk on a completely movable high-line strung between two hot air balloons thousands of metres up in the sky!

13. VISIT A NATURAL WONDER OF THE WORLD

You can find beauty anywhere you look (starting with your back garden or local park), but there are some natural places around the world which deserve a special mention. These sights are so beautiful that if you're lucky enough to visit them, you'll be left open-mouthed in awe.

If you can't visit these sights, fear not. You can find other places nearer to you that are so incredible that they need to be protected and preserved. Look on a map for national parks, wilderness areas and UNESCO World Heritage Sites. Visit those and enjoy their awesomeness!



GRAND CANYON (USA)

The Colorado River began carving out this canyon millions of years ago. Today in some places it is up to 18 miles across and 1,800 metres deep.



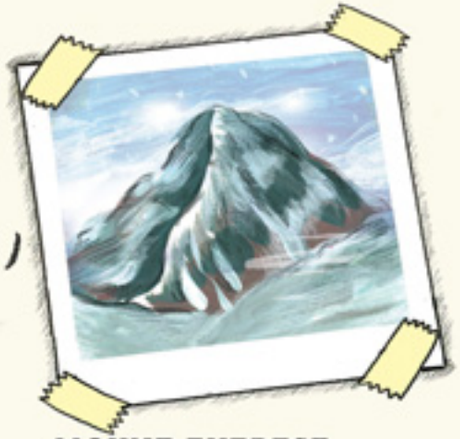
GREAT BARRIER REEF (AUSTRALIA)

This 1,400-mile-long coral reef is bursting with all kinds of marine life.



GUANABARA BAY (BRAZIL)

The deepest natural bay in the world has 130 pointy islands, the most famous being Sugarloaf Mountain.



MOUNT EVEREST (NEPAL AND CHINA)

The highest mountain in the world stands at a whopping 8,848 metres above sea level.



NORTHERN LIGHTS (ARCTIC CIRCLE)

Watch as cosmic space particles collide with the Earth's atmosphere and create a magical light show in the sky.



PARÍCUTIN (MEXICO)

A 200-metre-wide cinder cone volcano which, over the course of a nine-year eruption, spewed molten lava onto the landscape around it.



VICTORIA FALLS (ZAMBIA AND ZIMBABWE)

Watch the waters of the Zambezi River plunge 108 metres in the world's most spectacular waterfall.



