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Opening extract from

Teenage Kicks: 101 Things to do Before You are 16

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Introduction

Welcome to Teenage Kicks. Here you will find over 100 challenges for you to take on and live life to the full. They range in cost, complexity and effort. Some require nerves of steel or an iron will. Others need you to be flexible or bend over backwards to help others. At stake are 'Teenage Kicks' or 'TK' points which go to make up your final TK ranking.

To give you the general idea, turn the page to run through a challenge that didn't quite make the book . . .

Example

Monkey Business

Teach baboons to write a bestseller.



TK-ed Off ☐ +17 'My monkeys have just finished writing Hairy Primate and the Banana of Doom!'

Orang-utan-ing out with humans when you could be earning far more than peanuts? Get yourself a troop of baboons, arm them with laptops and see if you can coax them into going bananas and writing a bestselling novel.

You will need a large enclosure for them, a regular order with your local greengrocer for fruit and veg and a mop and bucket for regular mucking out (urrghh). Publishing's a jungle so make sure that your baboons don't monkey around but work hard. Don't expect too much. In 2003, six crested Sulawesi macaque monkeys at Paignton Zoo in Devon were each given a typewriter and four weeks to produce a work of Shakespeare. Unfortunately, the six monkeys produced only five pages of text, mostly containing the letter S, before attacking the typewriters and doing their 'business' on them!



Little Angel (TK+8)

Donate any proceeds from sales of your bestseller to charity.



U Devil (TK+4)

Writing not going well? Write some pages yourself, pop them back in your baboon's typewriters and call the press! Alternatively, cram a small mate into a baboon suit and get him or her typing.



Blag Box

The cost of housing and feeding a troop of baboons can be prohibitive. A cheaper alternative would be to lock Clive, the author of this book, in a cage for six months. He only needs tea and toast and, a big bonus, is just about house-trained.

Challenge ratings

All four ratings are marked out of five.



Cost

Gives an approximate idea of how much you'll have to fork out to take on this challenge.



Courage/Fear

How much bottle you may need to carry out the challenge.



Effort

An approximate measure of how much the challenge will stop you from sitting on the sofa watching *When Quantity Surveyors Turn Bad* or *Live Celebrity Nose-Picking* on the telly.



Feelgood Factor

The amount of afterglow, bragging rights and general sense of fulfilment you are likely to get from completing the challenge.

TK-ed Off

The number of TK points you get for completing a challenge. Keep a note of your TK points. Once you've added them up, discover your TK ranking by finding out where your score falls on the TK ranking chart over on the next page.



Little Angel

A more thoughtful and considerate challenge option to earn extra TK points. Bless.



U Devil

Naughty and cheeky variations on the main theme.



Blag Box

Not everyone has access to a large bank balance. This offers a cheaper and/or easier alternative to the main challenge.

TK Ranking Chart

0–71	**Total Loser**
72–129	**Is that all you've got?**
130–185	**Let's call you 'feather', you're that light weight**
186–234	**Come on, you can do much better than this.**
235–287	**Not bad, but surely, there's more you can do?**
288–322	**Good work**
323–389	**Very Good work**
390–456	**Great work**
457–532	**You're fast becoming a legend ...**
533–648	**Legend!**
649–809	**Approaching awesome ...**
810–925	**Fact: You ARE Awesome!**
925–1200	**You're scaring us now, you're THAT amazing!**
1200+	**You've Done It! You've Gained Maximum Teenage Kicks!**



1. Let Me Entertain You

01 02 03 04

'Paging Dan Gleebitz . . . Have you seen Dan Gleebitz?'



TK-ed Off □ +7 'They actually said my name over the tannoy.'

Prank phone calls are a complete no-no. But once, just once, you should have a little fun with a fake public announcement at a shopping mall or train station.

Stake out your target area beforehand and figure out how you can get the name to the announcer without arousing suspicion. Writing it down or looking innocent and stressing different parts of the name than the funny ones as you say it will help.

Figure out the amusing name you want the world to hear. Don't be obvious and highly abusive – any announcer worth their salt will spot a four letter word in a moment. Go for unusual but feasible spellings and make sure the first name and the surname appear innocuous by themselves but are dynamite when put together. Olive Yew* and Sue Ridge* are gentle examples whilst Mike Rotchurtz* is a little racier, but I'm sure you can do better.

* I love you; Sewage; My crotch hurts

Spin Doctor



TK-ed Off +9 'I can regularly spin the ball for more than 15 seconds.'

Nothing, repeat nothing, smells of basketball or netball success quite like being able to spin the ball on your finger for fifteen seconds or longer. It doesn't matter if you've been fouled out, missed 100 shots, run ragged by the opposition, if you can get spinning, you'll get some serious spectator respect.

1. With your arm stretched out and elbow slightly flexed, balance the ball on the pads of the five fingers of your hand.

2. Twist your wrist with a snap to the left to put spin on the ball. Bend your elbow and let the ball hop up from your fingertips just a couple of centimetres. Practise this stage and remember, the bigger the snap of your wrist, the more spin you generate which makes the ball easier to balance.

3. Aim for the ball to land on your index finger at the bottom and centre of the ball so that it can balance.

4. You have two options for keeping the spin going. You can either drop the ball back on to your fingertips to repeat Stage 2 onwards, or ideally, you slap the ball carefully with your left hand two or three times to keep it spinning.

01 02 **03** 04 05 06 07

Rock Your World

Find a way to get on stage with a band, no matter what your musical ability.

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TK-ed Off □ +13



Less pop idol and more bone idle? Have about as much musical talent as a tone-deaf cabbage? Fear not, the great music revolution means that there are plenty of ways you can still get on stage! Try our top five countdown.

5. Pick a band that are playing live soon, ideally one which contains good friends of yours. Start hanging out with them, bigging up their musical compositions.

4. Make yourself indispensable. It might just be fetching and carrying for them, making gig fliers or lending them something they want – from your Mum's old keyboard to your Dad and his white van. In return, explain your desire to go on stage with them.

3. Work on your role on stage. Most fledgling bands can't afford clever electronic wizardry but often have one great musician who comes up with the songs. He or she may get frustrated that they lack enough sets of hands to play scorching lead guitar, set off a mock police siren and bang two saucepan lids together all at the same time. Be their extra hands. Offer to do something that contributes to the sound of a few songs.

2. If the band have the word 'collective', 'posse', 'gang' or 'massive' in their title, argue that they need to look the part and need extra bods on stage to add to the vibe. Argue your case: Bez never played a note of music in his life, but he was a star with the Happy Mondays (ask your Dad) for his manic dancing.

1. On the night, look the part, dress like the band and exude confidence throughout. Look like you're a vital cog in the band's machine even when you've nothing to do. And when it's finally time for you to leave the stage, milk the moment and leave with a flourish having rocked your world.



Little Angel (TK+14)

If you're a budding musician into just about any flava of music, then you really, really should play live properly and do it at a young age, it is such a buzz.