

100 EXPERIENCES YOU SHOULD HAVE BEFORE YOU GROW UP(OR DO NOW).

A list of accessible adventures for young explorers that build competence, curiosity, independence, empathy, and connection.

EXPLORE (#1-10)

Get curious about the world around you.

1. Explore a creek
 - ☐ Hike a trail you've never walked before
 - ☐ Follow a paper map
 - ☐ Visit a national, state, or local park
 - ☐ Explore a city you've never visited
 - ☐ Watch the sunrise
 - ☐ Watch the sunset from somewhere beautiful
 - ☐ Find a constellation in the night sky
 - ☐ Visit a museum about something you know nothing about
 - ☐ Go somewhere you've never been without knowing exactly what you'll find



#11-100 below

Follow me on Instagram: [@theexperientialguy_](https://www.instagram.com/theexperientialguy/)

Discover more resources and stories at www.made-to-explore.com

All experiences should be done under the supervision of an adult for safety purposes.

ADVENTURE (#11-20)

Get outside your comfort zone.

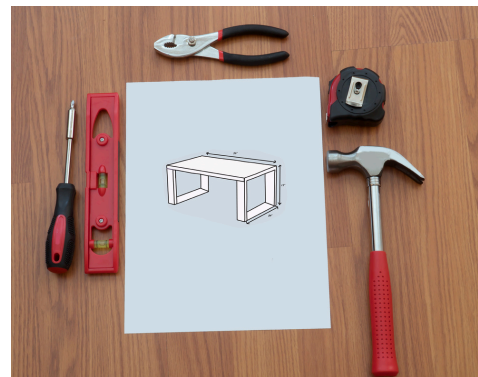
- 11. Sleep in a tent
 - ☐ Catch a fish
 - ☐ Paddle a canoe, kayak, or paddleboard
 - ☐ Swim somewhere other than a swimming pool
 - ☐ Climb something challenging
 - ☐ Ride a bike somewhere new
 - ☐ Go tubing, rafting, or floating
 - ☐ Take a long hike
 - ☐ Try a completely unfamiliar outdoor activity
 - ☐ Have an adventure where something doesn't go according to plan



BUILD (#21-30)

Learn that you can change the physical world.

- 21. Hammer a nail
 - ☐ Use a screwdriver
 - ☐ Use a drill safely
 - ☐ Measure something with a tape measure
 - ☐ Build something out of wood
 - ☐ Fix something that's broken
 - ☐ Assemble something by following directions
 - ☐ Tie three useful knots
 - ☐ Build something without directions
 - ☐ Use a tool you've never used before



GROW (#31-40)

Experience where food and life actually come from.

31. Plant a seed

- ☐ Grow something you can eat
- ☐ Harvest food from a garden
- ☐ Eat something you grew
- ☐ Dig in the dirt
- ☐ Compost something
- ☐ Identify five plants native to where you live
- ☐ Care for a plant over an entire season
- ☐ Visit a farm
- ☐ Discover a wild animal in an unexpected place



COOK (#41-50)

Know how to feed yourself and others.

41. Safely use a kitchen knife

- ☐ Cook an egg
- ☐ Make pancakes from scratch
- ☐ Cook something over a fire
- ☐ Prepare an entire meal
- ☐ Follow a recipe independently
- ☐ Try a food you've never eaten
- ☐ Cook food from another culture
- ☐ Make something using food you grew, caught, or gathered
- ☐ Cook a meal for someone else



BE CAPABLE (#51-60)

Learn how to handle things yourself.

51. Change a tire or help someone do it
- ☐ Check the air pressure in a tire
 - ☐ Sew on a button
 - ☐ Do your own laundry
 - ☐ Pack your own bag for a trip
 - ☐ Order your own food at a restaurant
 - ☐ Make a purchase and calculate the change
 - ☐ Ask an adult you don't know for appropriate help
 - ☐ Navigate an airport, train station, or transit system with an adult nearby
 - ☐ Solve a real problem before asking someone else to solve it for you



CREATE (#61-70)

Learn how to handle things yourself.

61. Paint or draw something just because you want to
- ☐ Write a story
 - ☐ Build a fort
 - ☐ Make something out of recycled materials
 - ☐ Take photographs that tell a story
 - ☐ Make music
 - ☐ Invent a game
 - ☐ Design something that solves a problem
 - ☐ Make a gift instead of buying one
 - ☐ Create something you're proud enough to share



CHALLENGE YOURSELF (#91-99)

Find out what you are capable of

91. Do something you're nervous to try
- ☐ Fail at something and try again
 - ☐ Learn a skill that takes weeks—not minutes—to master
 - ☐ Finish something you wanted to quit
 - ☐ Speak in front of a group
 - ☐ Spend a day without entertainment from a screen
 - ☐ Do something independently for the first time
 - ☐ Teach someone a skill you've learned
 - ☐ Accomplish something you once thought you couldn't do



What's Next?

100. _____

What experience will you add?

This list is a starting point for a lifetime of learning and adventure. The most important experience is to embrace curiosity, be open to new opportunities, and enjoy the journey of growing up!