

Ben (13) and his brother Toby, (15), are on an adventure holiday. As part of the programme of activities, they have gone kayaking. Before the holiday, the brothers watched lots of youtube videos of kids white-water kayaking. It looked so exciting; Toby hoped that one day he would go to Canada and try for himself. The boys' mum wants them to gain confidence and skills so that they can go kayaking as a family, next year in France.

The instructor, Lola looks about 19. She is a very pretty and friendly. As part of the induction, she has to teach them what to do if they capsize. It's called an "eskimo roll".

Although Ben is a reasonably good swimmer, the idea of being underwater whilst stuck in the boat makes him anxious. He starts to sweat as he watches Lola showing the boys where to hold the paddle and how to position their hands.

Toby watches Lola carefully, although it's easy to get distracted from what she is saying though, her wet suit doesn't leave much to the imagination...Toby is tall and strong despite his age and is keen to show what he can do.

He manages the roll perfectly first time, Lola gives him a massive smile, and says "you're a natural Toby!" Ben looks on nervously...