

THERE ARE OBVIOUSLY TWO EDUCATIONS. ONE SHOULD TEACH US
HOW TO MAKE A LIVING AND THE OTHER HOW TO LIVE.
- JAMES TRUSLOW ADAMS

LIFE SKILLS

for a self-sufficient life

10
LESSONS

1

BAKING

BAKING CLASS

Course Description:

Learn how to bake eight different items. Become such a great baker that you can do it without any help.

How:

Learn from Mom how to bake all of the items on the list below. Make each recipe once with Mom teaching, once with Mom there to help as needed, and once all by yourself. Have Mom sign when you have completed each item alone.

Graduation:

When you can bake all eight recipes on your own without help, we will throw a graduation party for you. You will be allowed to invite some friends to attend. You'll be the baker for the evening and treat everyone to a feast of your favorite baked items.

You will receive your own cooking apron as a gift to celebrate (with your name on it!).

BAKING CLASS CHECKOFF

| Baked Goods | Mom Taught Me | Mom Supervised | I Made it Myself |
|--|---------------|----------------|------------------|
| German Pancakes (Dutch Babies) | | | |
| Whole Wheat Cornbread | | | |
| Bran Muffins | | | |
| Banana Bread | | | |
| Pumpkin Chocolate Chip Cookies | | | |
| Grammy's Oatmeal Raisin Chocolate Chip Cookies | | | |
| White Bread | | | |
| Whole Wheat Bread | | | |

GERMAN PANCAKES (DUTCH BABIES)

Ingredients:

6 eggs

1 cup milk

1 cup all-purpose flour

1/2 teaspoon salt

2 tablespoons butter, melted



Directions:

In a blender, combine the eggs, milk, flour and salt; cover and process until smooth.

Pour the batter into an ungreased 13-in. x 9-in. baking dish; add the butter. Bake, uncovered, at 400° for 20 minutes.

WHOLE WHEAT CORNBREAD

1/2 cup butter

2/3 cup sugar

1 cup buttermilk

1/2 tsp baking soda

1 cup cornmeal

1 cup whole wheat flour

1/2 tsp salt



Use a mixer to combine soft butter with sugar. Add 1 cup buttermilk. Mix dry ingredients together and add to mixture. Put in a greased 8 inch square pan or prepared muffin cups. Bake bread for 30 minutes at 375 degrees. Check muffins for doneness after 15 minutes.

You may use powdered buttermilk. Mix 4 TB buttermilk powder with dry ingredients. Use 1 cup water instead of buttermilk for your liquid.

BRAN MUFFINS

3 cups bran flake cereal (crush cereal after measuring)
1 1/2 cup all purpose flour
2/3 cup light brown sugar
1 1/2 tsp baking soda
1/2 tsp salt
1/2 tsp ground cinnamon
1 cup buttermilk
1/3 cup vegetable oil
1 large egg
1 teaspoon vanilla extract
3 TB sugar for sprinkling
(turbinado sugar works best)



Combine the cereal, flour, brown sugar, baking soda, salt, and cinnamon into a large bowl and whisk together. Set aside.

In a separate bowl, whisk together the buttermilk, oil, egg, and vanilla. Pour the wet ingredients into the dry and stir to blend well. Cover the bowl tightly with plastic wrap and refrigerate for at least 4 hours or up to 12 hours. The batter will become very thick.

Preheat oven to 400 degrees. Line your muffin tin with 10 paper liners and set aside.

Divide the batter evenly among the liners, filling them completely. Sprinkle with the sugar. Bake for 18-20 minutes or until toothpick inserted into the center comes out clean.

Allow the muffins to cool in tin for 2 minutes and then transfer to a wire rack to cool completely.

Banana Bread

Ingredients:

1/3 cup melted coconut oil

1/4 cup honey

2 eggs

1 cup mashed bananas (about 2 1/2 medium or 2 large bananas)

1/4 cup milk

1 teaspoon baking soda

1 teaspoon vanilla extract

1/2 teaspoon salt

1/2 teaspoon ground cinnamon, plus more to swirl on top

1 1/4 cups all-purpose flour

Directions:

Preheat oven to 325 degrees Fahrenheit and grease a 9x5-inch loaf pan.

In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk.

Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.

Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.

Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.



PUMPKIN CHOCOLATE CHIP COOKIES

Mix together:

1/2 cup vegetable oil

1 egg

1 1/2 cups sugar

1 tsp vanilla

1 small can pumpkin

Add:

3 cups all purpose flour

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

3/4 tsp cinnamon

Dash nutmeg

1 cup chocolate chips



Bake at 350 degrees for 12-15 minutes

GRAMMY'S OATMEAL RAISIN CHOCOLATE CHIP COOKIES

1 cup sugar

1 cup brown sugar

2 eggs

1 cup butter

1 tsp vanilla

2 1/2 cups flour

1 1/2 tsp baking soda

3 cups oatmeal

1/2 cup chocolate chips

1/2 cup raisins



Mix sugar, brown sugar, eggs, butter, and vanilla until light. Add flour and baking soda. Mix well. Mix in oatmeal, chocolate chips, and raisins. Bake at 375 degrees for 8-10 minutes.

WHITE BREAD

4 1/2 teaspoons instant yeast (two 0.25 ounce packets)

3/4 cup + 2 2/3 cup warm water (divided)

1/4 cup granulated sugar

1 tablespoon salt

3 tablespoons unsalted butter, cubed, at room temperature

9-10 cups all purpose flour

3 tablespoons unsalted butter (melted, for brushing)



In the bowl of a mixer, stir to dissolve the yeast in 3/4 cup of the warm water, and let sit for 5 minutes. Add the remaining 2 2/3 cups water, sugar, salt, room temperature butter, and 5 cups flour. Stir to combine.

Using a dough hook, mix on low speed and gradually add the remaining flour until the dough is soft and tacky, but not sticky. (you may not need to use all of the flour). Continue to knead until a soft ball of dough forms and clears the sides of the bowl. (7-10 minutes)

Place the dough in a lightly greased bowl and turn it over so it is completely coated in grease. Cover with plastic wrap and set in a draft-free place to rise until double in size, about 45 minutes to 1 hour.

Turn the dough out onto a clean, lightly floured surface. Gently press it all over to remove any air pockets. Divide the dough in two, and working with one piece at a time, gently pat it into a 9x12 inch rectangle. Roll up the rectangle, starting on the short end, into a very tight cylinder. Pinch to seal the seams and the ends. Tuck the ends of the roll into the bread, and place into greased 9-inch loaf pans. Cover the loaves loosely and place in draft-free area until doubled in size. (about 30-45 minutes).

Preheat oven to 400 F. Brush loaves with melted butter and bake for 30-35 minutes, rotating half-way through, until golden brown.

WHOLE WHEAT BREAD

2 1/2 cups scalded milk
1/2 cup honey
1/4 cup olive oil
1 tablespoon salt
2 tablespoons instant yeast
1 egg
2 tablespoons dough enhancer
1/4 cup wheat gluten
4 1/2 cups whole wheat flour
2 1/4 cups unbleached flour



This recipe uses dough enhancer, wheat gluten, and an egg to make a very soft light bread that tastes great for sandwiches.

Generously grease two loaf pans. In large bowl, combined scalded milk, honey, salt, and butter or oil. Cool slightly to less than 110 degrees. To cooled mixture, add 3 cups whole wheat flour, yeast, egg, gluten, and dough enhancer. Blend at low speed until moistened. Then beat at medium speed for 3 minutes.

Add remaining whole wheat flour and mix well. Add white flour until dough pulls cleanly away from bowl. Dough should be tacky but not too sticky. You may not need to use all the flour. If you have a heavy duty mixer, knead the dough for 5 minutes until smooth and elastic. Form into loaves and place in pans. Let rise until double in size, about 45-60 minutes.

Bake at 375 for 30-35 minutes until loaves sound hollow when lightly tapped. Remove from pans immediately. (If you want a soft crust, quickly pass the loaf under running water, place on wire racks and top with melted butter).

2

FIRE BUILDING

FIRE BUILDING CLASS

Course Description:

Learn how to build two different kinds of fire.

How:

Learn from Dad how to build a fire with wood, matches, flint and steel, and kindling. Make each fire three times - once with Dad helping, once with Dad supervising, and once on your own. Dad will sign off after each attempt. Dad will also teach about match and fire safety and the dangers of spreading wildfires.

Graduation:

When you can make two different kinds of fire on your own without help, we will throw a graduation party for you. You will be allowed to invite some friends to attend a bonfire. You'll be the firebuilder for the evening,

You will receive your own flint, steel, and box of matches when you graduate.

FIRE CLASS CHECKOFF

| Fire Type | Dad Taught Me | Dad Supervised | I Made it Myself |
|-------------------------|---------------|----------------|------------------|
| Matches Fire | | | |
| Flint and Steel Fire | | | |

THE FIRE TRIANGLE

Fires need these three things:



Matches



Lighter

Heat



Oxygen

Fuel



1 TINDER



Dry leaves



Pine needles



Paper



Lint or cotton balls

2 KINDLING



Twigs, sticks, small branches

3 CHOPPED WOOD

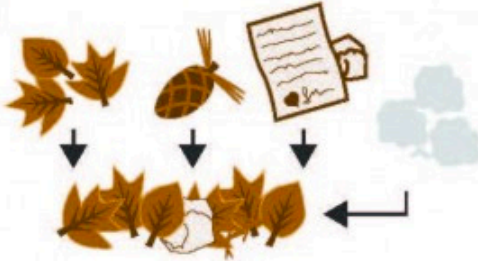


Firewood
(thicker than 3 inches)

STEP ONE

Make a loose pile of tinder. **1**

TIP: Don't pack too tightly. Air needs to get to all parts of the fire.



STEP TWO

Build a tepee with the kindling **2** around the tinder. Start with the small twigs first.



STEP THREE

Light the tinder from all sides.

TIP: You can blow **gently** on the fire to get it going. Fires need lots of oxygen.



STEP FOUR

As the fire grows, feed it with branches and eventually firewood. **3**

Enjoy!



STEP FIVE

Put out the fire by cutting one of the sides of the fire triangle. You can do this by covering it with sand or dirt, dousing it with water or letting wood burn out. **Make sure it's cold before you leave!**



Sand or dirt



Water



Let wood burn out

3

SEWING

SEWING CLASS

Course Description:

Learn how to hand sew, sew on a button, and use the sewing machine to make simple projects.

How:

Learn from Mom how to use the iron, sewing machine, cut, measure and use different stitches on the sewing machine. We will make five projects. Four projects we will make three times; once together, once with Mom supervising, and once by yourself. The last project, the Shark Pencil Case, we will make only one together.

Graduation:

After all of your sewing projects are completed and pressed (ironed), Mom and Dad will buy you your own sewing kit, complete with needles, thread, scissors, ruler and fabric.

SEWING CLASS CHECKOFF

| Sewing Skill | Mom Taught Me | Mom Supervised | I Made it Myself |
|---|---------------|----------------|------------------|
| Iron A Shirt | | | |
| Sew on a Button (By Hand) | | | |
| Sew Straight Line + Zig Zag Line | | | |
| Tic Tac Toe Board (Running Hand Stitch) | | | |
| Key Rings (Running Hand Stitch) | | | |
| Pet Sleeping Bag | | | |
| Tote Bag | | | |

FINAL PROJECT (to be completed together):

Shark Pencil Case

TIC TAC TOE GAME

You Will Need:

2 (6-inch) squares of felt

Ruler and chalk

Embroidery thread and needle

Directions:

1. Stack the felt squares. Using the ruler and chalk, mark out a tic-tac-toe board on the top layer, with the lines spaced two inches apart.

2. Using an arm's length of the thread, knotted at one end, sew a running stitch over each chalk line, starting and ending your stitching between the layers so that the knots are hidden. Trim excess thread and rub off the chalk marks.



KEY RINGS

<http://www.parents.com/fun/arts-crafts/sewing/key-rings-kids-can-make/>

You Will Need:

Wool felt

Chalk

Templates

Twill tape

Split key rings

Straight pins

Embroidery thread and needle

Directions:

1. Stack two small pieces of felt, then use the chalk to draw a simple shape or trace a template. Cut along the lines, through both layers.
2. Fold a 2-inch length of twill tape around the key ring. Insert the ends between the felt layers and pin them.
3. With the threaded needle, sew a running stitch (see the illustration) around the shape, making sure that the stitches go through both layers and secure the twill tape. Add faces and decorative stitches as desired. Knot the thread and trim any excess.



PET SLEEPING BAG

You Will Need:

2 (12- by 24-inch) pieces of cotton flannel

1 (12- by 24-inch) piece of cotton batting

Straight pins

Embroidery thread and needle

Directions:

1. Stack the flannel pieces with right sides together (see tip below), then add the batting to the top of the stack. Pin the stack together along the edges.

2. Sew a running stitch along both long sides and one short side of the stack. Knot the thread and trim any excess.

3. Turn the stack right side out. With the short, unstitched side forming the bag's top edge, fold up the bottom edge three quarters of the way so that it lies 3 inches from the top. Whipstitch along both sides to close the bag.

4. Fold in the raw edges at the top of the back panel and iron the creases. Use a whipstitch to join them. Knot the thread and trim any excess.



TOTE BAG

You Will Need:

1/2-yard of cotton fabric

2 yards of 1-inch cotton webbing to compliment your fabric.

Cotton thread to match your fabric

Cotton thread to contrast with the inside of the bag

Directions:

Cut two 16-inch tall by 14-inch wide panels from the fabric. Make sure the pattern is going the correct direction on both panels.

Cut two 22 1/2-inch long pieces from the webbing.

Pin the handle pieces to the top raw edge of the right side of each panel 3-inches from the sides. The raw edges of the handles should match up with the raw edge of the top of the panel so the handles will be facing down as shown in the picture above. Make sure the handles aren't twisted.

Using the contrasting thread sew a zig zag stitch across the top edge, sewing the handle to the top edge in the process.

Turn the panels so their wrong sides are facing up. Press and pin their top edges with the handles down 1 1/2-inches.

Make sure to pin the handle so it's perpendicular to the horizontal sides. Sew this fold down with the matching thread a 1/4 inch from to top edge and then with a second seam 1/4-inch from the bottom zig zag stitch.

Pin the panels right sides together and sew along the sides and bottom 1/2-inch from the raw edges using the matching thread. Back stitch at the beginning and end of each seam. Snip off the bottom corners.

Using the contrasting thread zig zag stitch along the raw edges of the sides and bottom of the bag. Turn the bag right sides out press the corners and you're all done!

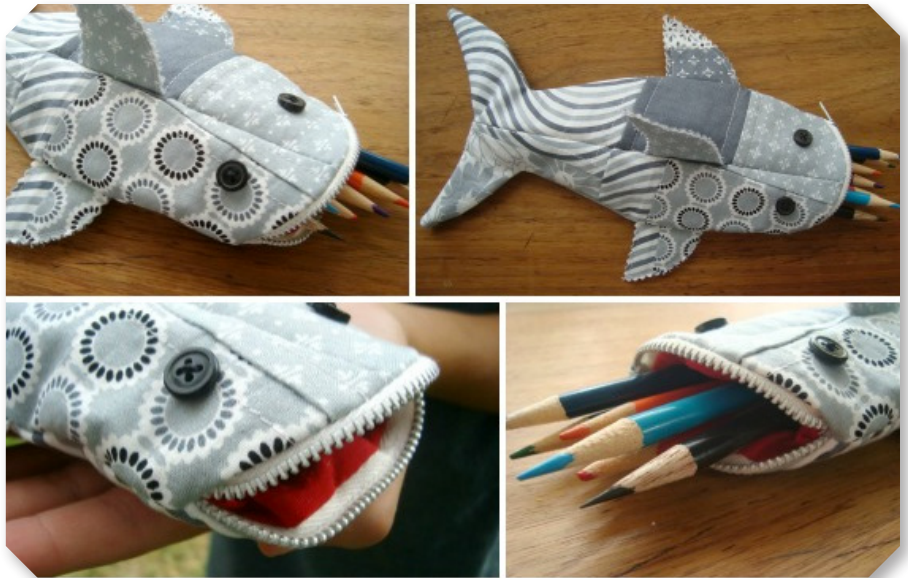


SHARK PENCIL POUCH

<http://www.patchworkposse.com/shark-pencil-case-tutorial/>

You Will Need:

grey -or your choice of color- fabric scraps
lite interfacing
red fabric- lining
white zipper 7 inches
pinking shears
shark pouch template- print off your and cut out pieces



Directions:

- 1) Sew together your scraps until they are large enough to be cut out with the template
- 2) Pin template in place and cut out 2 body pieces- out of patchwork and out of interfacing
- 3) Laying the patchwork body piece on top of the interfacing, quilt together. (I quilted straight lines)- set aside these two pieces
- 4) Layer these in order- back fabric, interfacing, interfacing, top fabric, template for fin.
- 5) Pin together the layers and cut out
- 6) Sew around the sides (you can leave the bottom un-sewn)
- 7) Cut the sides with your pinking shears- don't cut your seam!
- 8) Repeat so you have 2 side fins and one large fin for the top of the shark
- 9) Take the body piece you are using for the top of your shark and fold in half- iron to crease
- 10) Lay the large fin in the center of the shark and with the raw edge or bottom of the fin touching the center crease
- 11) Fold the shark body in half again and sew 1/4 inch
- 12) Repeat this with the bottom of the shark...with no fin. Just fold in half and sew 1/4 inch
- 13) Pin and stay stitch the side fins of the shark
- 14) Lay right sides together and sew the sides and bottom fin of the shark- catching the side fins. Stop and start your seams at the dots marked on the template
- 15) Snip the curves, corners, and valleys
- 16) Turn right sides out
- 17) Cut out 2 pieces for the shark lining- notice that I didn't cut the tail- you don't really need it. Just end the pouch with a square bottom- it does go to the end of the tail in length
- 18) Lay right sides together of the lining and sew down the sides and bottom- leave a 3" opening on one side for turning later and stop and start at the marks
- 19) Pin the zipper or stay stitch the zipper in place at the mouth
- 20) Place the pouch inside the lining and pin along the mouth with the zipper in between- this area is small, it's a bit tricky
- 21) Sew around the mouth securing the zipper - you might need to play a bit with this step. It's tricky. In the end after I had the bag all done, I did go back with needle and thread to secure the ends of the zipper- and to close an opening or hole. If you find that you need a few touch ups after it's done, just do it and don't worry about it. Mine turned out just fine after a few stitches here and there. Not even noticeable that the zipper was a little tough to deal with.

4

WOODWORKING

WOODWORKING CLASS

Course Description:

Learn how to use tools to build simple wood projects.

How:

Learn from Dad to properly use a drill, circular saw, miter saw, kreg jig, hand sander, nail gun and other tools. Learn tool safety and learn about different kinds of wood. Learn to pick out wood and what products to use to seal and stain the finished projects.

Graduation:

After all of your wood working projects are completed, you will be rewarded with a tool set.

WOODWORKING CLASS CHECKOFF

| Skill | Dad Taught Me | Dad Supervised | I Did it Myself |
|------------------------------|---------------|----------------|-----------------|
| How to Use A Square | | | |
| Cutting with a Circular Saw | | | |
| Cutting with a Miter Saw | | | |
| Drilling | | | |
| Sanding, Painting + Staining | | | |
| Kreg Jig | | | |
| Nail Gun | | | |

PROJECTS (to be completed together):

1. Balance Board

2. Bird House

3. Folding Lap Desk

4. Kids Picnic Table

BALANCE BOARD

<http://www.thatsmyletter.blogspot.com/2015/06/balance-board.html>

You Will Need:

- 2 - 2x4 @ 10" (rockers)
- 1 - 2x3 @ 13" (rocker support)
- 1 - ¾" plywood @ 13" x 19"
- wood glue
- 3" & 2" wood screws



Directions:

1. Using a jigsaw cut arched rocker shape. Make 2. Pre-drill countersunk holes for screws at center.
 2. Attach rockers to center support using glue and 3" countersunk screws.
 3. Apply glue and layout rocker piece onto plywood top centering on all sides.
 4. Carefully flip over and attach top using 2" countersunk screws.
- Sand well and paint as desired.

BIRD HOUSE

<http://www.skiptomylou.org/diy-birdhouse/>

You Will Need:

1 - 3/8 inch dowel rod 8 inches long
1 - 4" diameter perforated PVC pipe cut 5 inches long
2 - #212 eye hooks
1 - 1 X 6 piece of pine cut into 2- 5 1/2 inch X 5 1/2 inch squares
(you may use types of other wood i.e. cedar)
12 inches wire or small chain for hanging
1 - 3/16" Fir plywood cut into 1- 6" X 8 inch and
1 - 5 13/16" X 8 inch rectangles
Small nails or brads 1" long for assembly



Directions:

Measure and cut boards.

You will have a 5 length of 4 PVC, 1 - 8 long 3/8 dowel, 6 X 8 roof piece, 5 13/16 X 8 roof piece, 2- 5 1/2 pine squares.

Drill 3/8 inch holes in the following pattern on the 5 1/2 inch squares. Use 1 1/4 inch spade bit for the larger hole. Sand the edges of the pieces.

Now we are ready to hammer! Nail 5 1/2 inch squares flush with the edge of the roof piece (5 13/16" X 8"). Pre-drilling the nail holes will make it easier for children to hammer in the nails.

Overlap other roof piece (6" X 8 ") and nail to top sides of the 5 1/2 inch square.

Place PVC pipe under roof and hold in place by pushing dowel rod through bottom holes. The dowel fits tightly. It can be sanded slightly if needed.

Screw eye hooks into the roof on each side. Then attach the chain to the eye hooks.

LAP DESK

<http://www.ana-white.com/2013/10/plans/folding-lap-desk>

You Will Need:

10 feet of 1x2s
Plywood for top
4 bolts, 2 1/2" length, with washers and nuts
You may also need a catch or hook/eye closure to keep legs folded closed for transporting
Handle if desired

Cut List:

2 - 1x2 @ 21"
2 - 1x2 @ 13"
2 - 1x2 @ 10 1/2"
4 - 1x2 @ 8 1/4" (top end is cut to point 45 degrees angle and bottom cut at 15 degree angle - see in plans)
Top is 13 1/2" x 21"



Directions:

First, mark the location of your bolt holes on the 1x2s that are 21" long. Drill the holes sized for your bolts.

Take the 1x2 frame boards, and build your frame. The frame can be nailed and glued, screwed, pocket holed - it's your choice. The top plywood piece will really help hold everything together.

Next, build your two leg sets and drill matching holes for bolts in the tops of the legs.

Then use the bolts to attach the legs to the frame.

Glue and nail smooth plywood or other material to the top.

Add a handle and personalize as desired!

KIDS PICNIC TABLE

<http://www.ana-white.com/2010/04/plans-bigger-kids-picnic-table.html>

You Will Need:

2 – 2×6 Boards, 8” Long
6 – 2×4 Boards, 8” Long
2 1/2” Screws or Bolts (bolts will need to be at least 3” long and you will need washers and nuts)
2-1/2” Pocket Hole Screws
Elmer’s Wood Glue
Elmer’s Wood Filler

Cut List:

4 – 2×6 @ 48” (Tabletop)
2 – 2×4 @ 23 1/2” (Tabletop Supports)
4 – 2×4 @ 26”(Legs, DO NOT CUT UNTIL REVIEWING THE ANGLES)
2 – 2×4 @ 40 1/2” (Seat Supports)
1 – 2×4 @ 37” (Bottom Support)
4 – 2×4 @ 48” (Seat Boards)



Directions:

Tabletop. Begin by cutting your tabletop supports (shown above in blue) as shown above. You can either fasten through the tabletop with screws or you can predrill through the underside of the supports into the underside of the tabletop boards. Leave a 1/2” gap between the tabletop boards. Use glue and 2 1/2” screws when fastening through the top.

Legs. Cut your legs as shown above, with a 30 degree angle off square on both ends. Then use 2 1/2” screws to fasten the legs to the tabletop supports. You could also use bolts for a stronger table.

Seat Supports. Cut the ends of your seat supports as shown above. The angle is 45 degrees. Then fasten the seat supports to the legs as shown above. Use a level on the seat supports to make sure you are fastening the seat supports level to the tabletop. Use 2 1/2” screws and glue. If you fasten from the inside, you can hide your screw holes.

Bottom Support. Take a square of your table by measuring from the opposite tips of the legs. If the diagonals do not match, from the longer diagonal, push the opposite ends together until the diagonals match. Fasten your support in place as shown above. Use 2 1/2” screws.

Seat Boards. Fasten the seat boards to the seat supports as shown here. The ends will overhang 4 . You may need to use shorter screws on the ends.

5

GARDENING

GARDENING CLASS

Course Description:

Learn how to plant seeds, weed, and care for herbs, fruits and vegetables.

How:

Work with Mom to plan and carry out your own garden. You will learn how to plan flowers, vegetables and herbs. You will learn how to weed and care for the plants.

Graduation:

After your first garden is harvested, Mom and Dad will take you to dinner - your choice of restaurant.

Possible herbs to grow:

Basil
Cilantro
Mint
Chives
Aloe Vera
Catnip
Fennel
Lemon Verbena
Licorice Root
Oregano
Rosemary
Saffron

Possible vegetables to grow:

Tomatoes
Peppers
Carrots
Onions
Peas
Green Beans
Broccoli
Corn
Cucumber
Peanut
Pumpkin

Possible fruits to grow:

Cantaloupe
Watermelon
Strawberries
Honeydew

Possible flowers to grow:

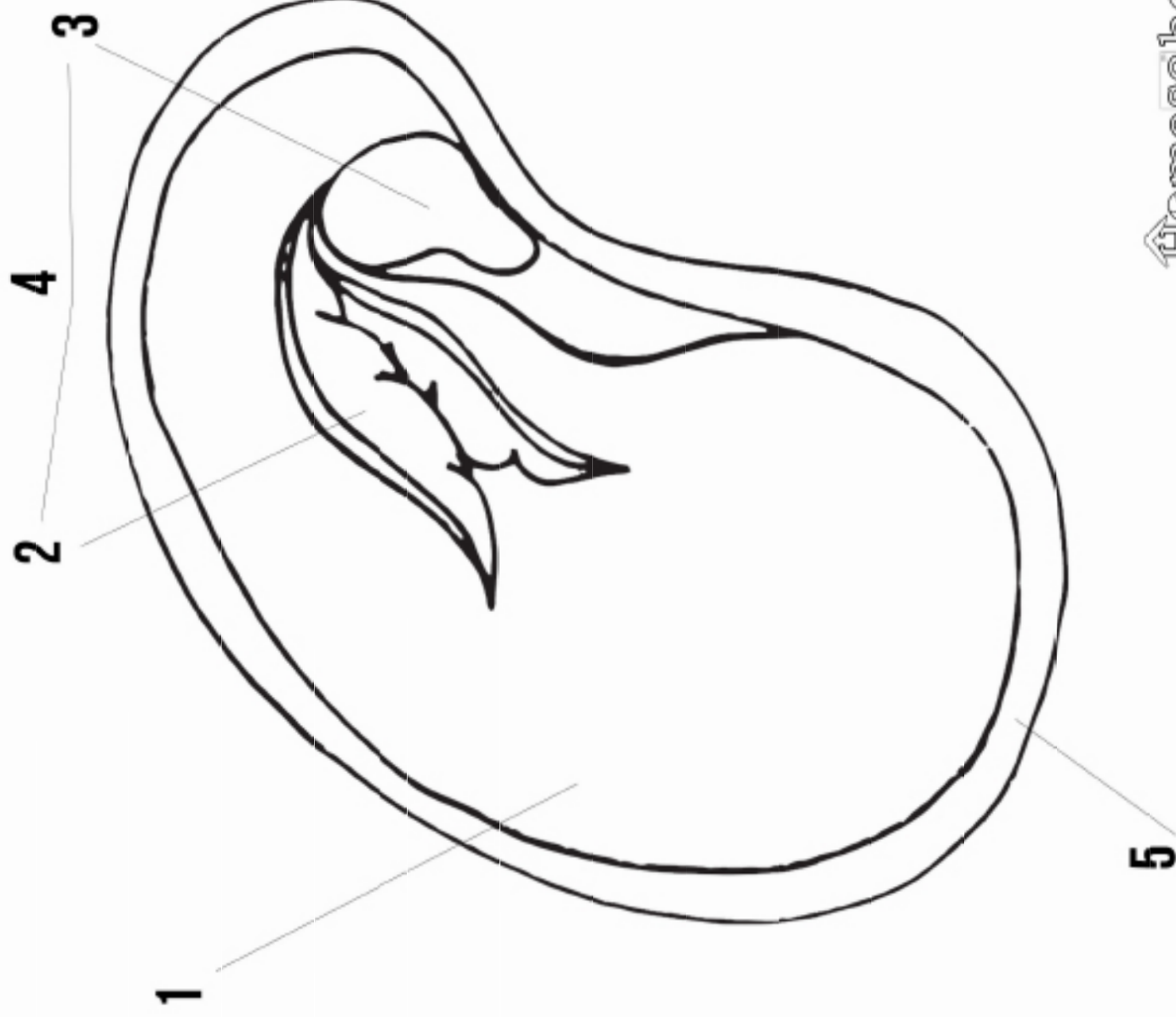
Marigold
Sunflower
Pansy
Geranium
Snapdragon
Sweet Pea

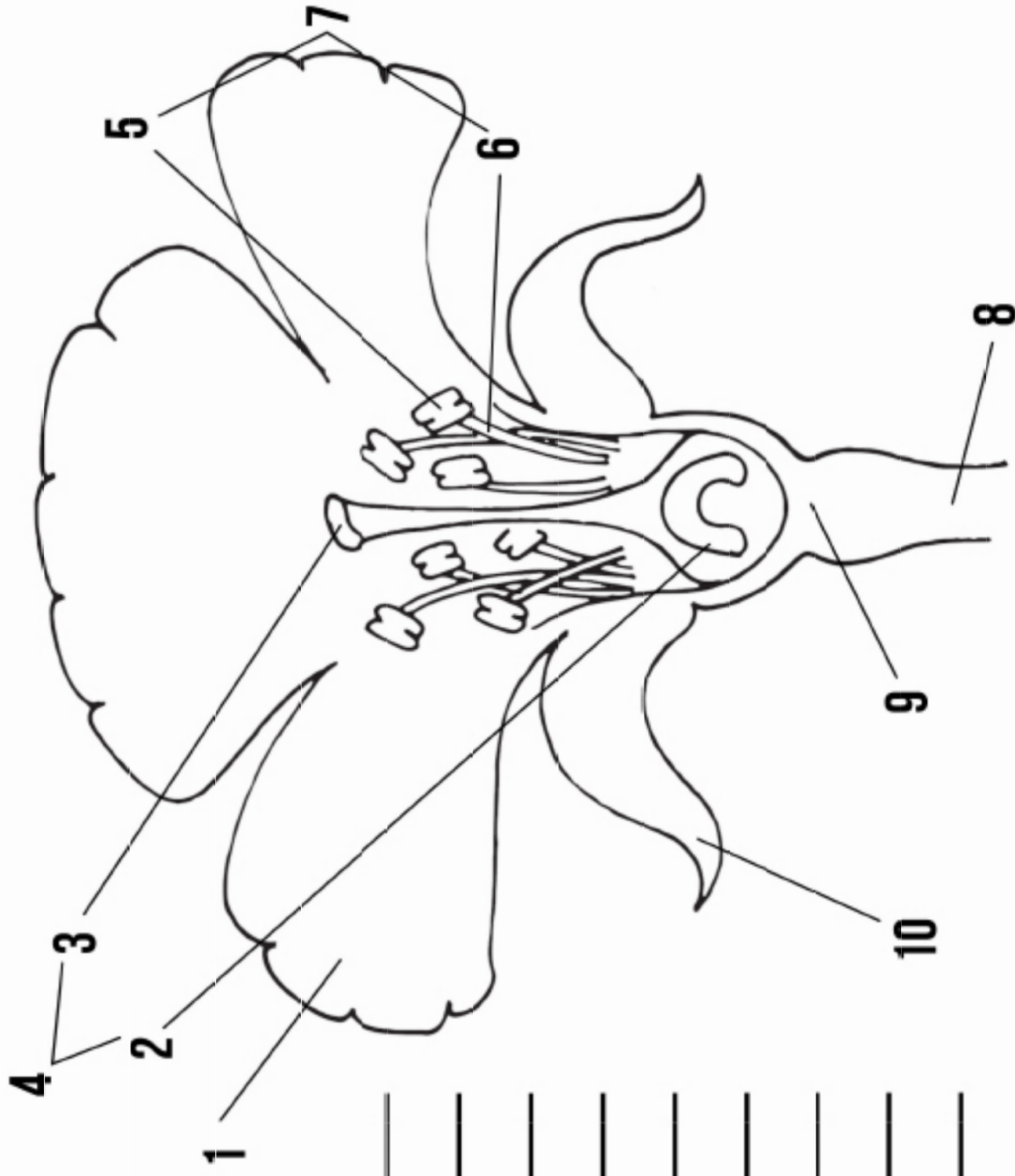
GARDEN PLAN

| | | |
|--|--|--|
| | | |
| | | |
| | | |

1. **FOOD STORAGE** _____
2. **FIRST LEAVES** _____
3. **EMBRYONIC ROOT** _____
4. **EMBRYO** _____
5. **SEED COAT** _____

1. **COTYLEDON** _____
2. **EPICOTYL** _____
3. **RADICLE** _____
4. **EMBRYO** _____
5. **SEED COAT** _____





- 1. **PETAL** _____
- 2. **OVARY** _____
- 3. **STIGMA** _____
- 4. **PISTIL** _____
- 5. **ANTHER** _____
- 6. **FILAMENT** _____
- 7. **STAMEN** _____
- 8. **PEDICEL** _____
- 9. **RECEPTACLE** _____
- 10. **SEPAL** _____

6

CLEANING

CLEANING CLASS

Course Description:

Learn how to properly clean bathrooms, the kitchen, floors and do your own laundry.

How:

Work with Mom to learn what tools and cleaning products to use for each specific job. Each chore will be performed three times - once observing, once with Mom supervising, and once by yourself. As you check off each skill, you will be rewarded.

Graduation:

After your chores are passed off, you will get to invite one friend (and one parent) to a movie at the theater with popcorn.

CLEANING CLASS CHECKOFF

| Skill | Mom Taught Me | Mom Supervised | I Did it Myself |
|----------------------------------|---------------|----------------|-----------------|
| Cleaning a Toilet | | | |
| Sweeping + Mopping | | | |
| Washing a mirror + Window | | | |
| Scrubbing a Bathtub | | | |
| Washing out a Microwave | | | |
| Scrubbing Walls and Cupboards | | | |
| Sort, Wash, Fold Laundry | | | |
| Load a Dishwasher | | | |
| Detail a Car | | | |

7

GUN SAFETY

GUN SAFETY CLASS

Course Description:

Learn gun safety basics. Memorize gun rules and learn how to be safe around different types of guns.

How:

Work with Dad to identify different types of guns and the different parts of each gun. Learn how to clean, load and unload both a rifle and a muzzle loader. Memorize the ten gun commandments.

Graduation:

Upon completion of the checklist, you will receive a BB gun of your choosing and some targets for practice.

GUN SAFETY CLASS CHECKOFF

| Skill | Dad Taught Me | Dad Supervised | I Did it Myself |
|---------------------------------|---------------|----------------|-----------------|
| Load and unload a rifle | | | |
| Load and unload a muzzle loader | | | |
| Shoot at a target | | | |
| Clean a gun | | | |

Other :

1. Memorize Ten Gun Commanmetns

2. Identify Differen Kinds of Guns

TEN GUN COMMANDMENTS

1. Treat every gun like a loaded gun.
2. Carry only empty guns, taken down or with the action open, into your automobile, camp or home.
3. Always be sure that the barrel and action are clear of obstructions.
4. Always carry your gun so that you can control the direction of the muzzle, even if you stumble.
5. Be sure of your target before you pull the trigger.
6. Never point a gun at anything you do not want to shoot.
7. Never leave your gun unattended unless you unload it first.
8. Never climb a tree or fence with a loaded gun.
9. Never shoot at a flat, hard surface or the surface of water.
10. Do not mix gunpowder and alcohol.

A Gun Primer | Some basic types of modern firearms



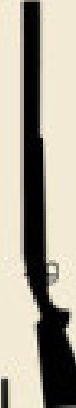
Revolver: .357 Magnum
made by Smith & Wesson



Semiautomatic handgun:
Glock 19



Rifle: Winchester 30-06
bolt-action, a big-game gun



Shotgun: Mossberg 12-gauge
over-the-shoulder break action, landing gun



Assault weapon:
AR-15 rifle



Submachine gun: 76 from
made by Smith & Wesson

Revolver

Has a cylinder that typically holds six rounds of ammunition. Law enforcement today has largely replaced the co-gan with semiautomatic handguns.

Semiautomatic handgun

The energy of a fired shot is used to reload the chamber with a fresh load in this type of handgun, allowing for another shot by pulling again on the trigger. A spent casing is ejected each time a round is fired.

Rifle

A bolt-action rifle, such as those used in large-game hunting, is loaded by a turn of the bolt and a pullback to eject a spent cartridge and then to reload a fresh one. High-powered rifles are capable of long-range accuracy.

Shotgun

Getting its name from small pellets of "shot" that are encased in a shell, this type of firearm is used in bird-hunting.

Assault Weapon:

Designed to meet military requirements, assault-style firearms are capable of rapidly firing multiple rounds typically stored in an ammunition clip.

Some characteristics include:

- folding or telescoping stock
- pistol grip
- grenade launch capability
- bayonet

The now-expired 1994 Assault Weapons Ban

named 19 specific models of firearms and also banned copies or duplicates of those models. In addition, the law outlawed guns that have two or more of the military style features, such as flash suppressors at the muzzle. It also banned the sale of ammunition magazines that held more than 10 rounds. The law was not applicable to clips that were manufactured before the ban went into effect.

Machine gun

Fully automatic, machine guns fire rounds of ammunition in rapid succession, such as from an ammunition belt or magazine. Portable, hand-held types are also known as submachine guns.

In Newtown, Conn.



Glock 20 Sig Sauer 226



A Glock 10mm and a Sig Sauer 9mm were found at the Newtown school, police said.

A shotgun also was recovered in a car that the alleged Newtown gunman used to drive to the school, police said.



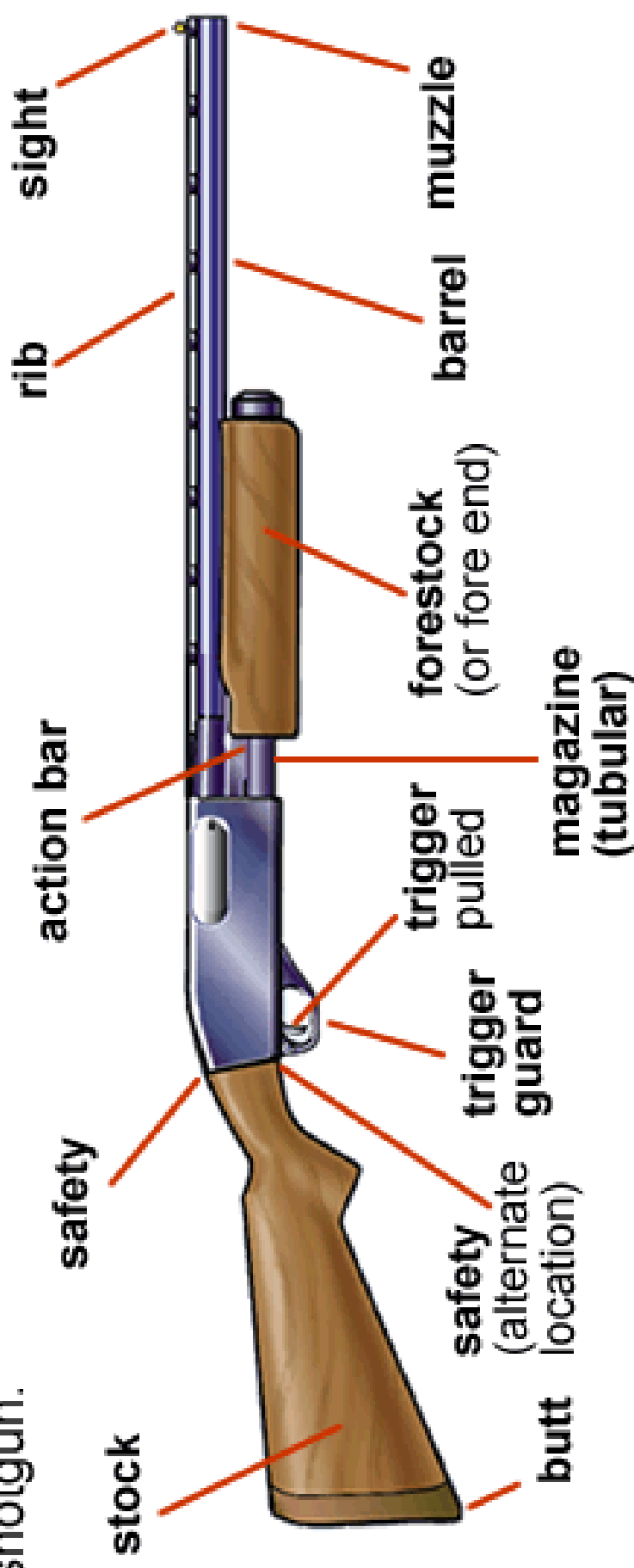
Bushmaster XM-15

An assault-type rifle, a semiautomatic Bushmaster XM-15, was used in the Newtown killings, police said. A similar model was used by the alleged shooter in the July killings at an Aurora, Colo., theater.

Source: The gun manufacturers, Connecticut State Police, The Wall Street Journal

Parts of a Pump-Action Shotgun

Shotguns are another long-barreled firearm used by hunters. Below are the parts of a commonly used shotgun—the pump-action shotgun.



8

COOKING

COOKING CLASS

Course Description:

Learn how to cook simple pasta dishes, dessert, breakfast and dinner staples.

How:

Work with Mom to learn chopping, boiling, melting and thickening techniques. Learn how to clean as you cook and properly time each dish. The kitchen must be cleaned following completion of the meals to be passed off.

Graduation:

After you pass off every item we will plan a special meal with extended family members. You will choose a main course and a dessert to serve.

COOKING CLASS CHECKOFF

| Recipe | Mom Taught Me | Mom Supervised | I Did it Myself |
|-------------------------|---------------|----------------|-----------------|
| Homemade Mac N' Cheese | | | |
| Rice Crispy Treats | | | |
| Pancakes | | | |
| Scrambled Eggs | | | |
| Spaghetti | | | |
| Bean Burritos | | | |
| Roast + Mashed Potatoes | | | |

MACARONI AND CHEESE

Ingredients:

2 Cups Elbow Macaroni
5 Cups Water
Dash Salt
1 Cup Extra Sharp Cheddar
3/4 C Milk
Salt and Pepper to taste



Directions:

Bring water and salt to boil. Add macaroni and cook until al dente. Strain pasta, then return back to the pan on low heat.

Add in cheese, milk, salt and pepper and stir to combine until cheese is melted.

RICE CRISPY TREATS

Ingredients:

3 tablespoons butter

1 package Marshmallows

OR

4 cups Miniature Marshmallows

6 cups Rice Krispies cereal

Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add cereal. Stir until well coated.

3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.



BASIC PANCAKES

Ingredients:

2 cups all-purpose flour, (spooned and leveled)
4 tablespoons sugar
4 teaspoons baking powder
1 teaspoon salt
2 cup milk
4 tablespoons unsalted butter, melted, or vegetable oil
2 large egg
1 tablespoon vegetable oil



Directions:

In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).

Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.

For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).

SCRAMBLED EGGS

Whisk the eggs: Whisk 3 large eggs, 1 pinch of kosher salt, 1 grind of black pepper and 3 tablespoons whole milk together until light and foamy.



Add to the pan: Add 1 tablespoon unsalted butter to a 10-to-12-inch nonstick skillet and put it over high heat. When the butter bubbles (after about a minute), pour the eggs straight into the middle of the pan, which will force the butter to the edges, where it's needed.

Scramble the eggs: Stir slowly with a rubber or silicone spatula. As soon as curds (big soft lumps) of eggs begin to form, drop the heat to low and shift from stirring to folding the curds over on themselves while gently shaking the pan with the other hand.

Let rest: As soon as no more liquidous egg is running around the pan, kill the heat and gently transfer the scramble to the warmed plate. Let the eggs rest for 1 minute to finish cooking before serving.

SPAGHETTI

Ingredients:

2 tablespoons olive oil
1 large onion, chopped fine
1 lb/500g ground beef
One 28oz can crushed or pureed tomato
3 cloves garlic, chopped
1 teaspoon dried oregano
1 good sized handful fresh parsley, chopped
Salt and pepper, to taste
½ lb/250g spaghetti
grated Parmesan cheese for serving



Directions:

Heat 1 tablespoon of the olive oil in a large pan over medium heat.

Add the ground beef and fry until fully cooked and no pink shows at all in the meat (about 8 minutes). Drain and set aside.

Heat the remaining oil in the pan. Add the onions, and saute until lightly golden, 2 to 3 minutes.

Add the garlic and fry another minute.

Add the tomatoes, oregano, parsley and return the meat to the pan. Bring to a boil.

Season with the salt and pepper. Reduce the heat to low, and cook for 15 minutes.

Meanwhile cook the spaghetti according to the package instructions. Drain and serve topped with the sauce and cheese.

BEAN BURRITOS

Ingredients:

2 C pinto beans
1/2 C cheddar cheese
6 tortillas
Vegetable or coconut oil
Salt and pepper to taste



Directions:

Add beans, oil, salt and pepper to pan. Mash with bean masher until warmed through.

Add beans and cheese to tortilla and fold together.

Eat!

ROAST AND MASHED POTATOES

Ingredients:

Pot Roast
6-8 Potatoes
6-8 Carrots
1 Packet of Onion Soup Mix
1/4 C Butter
1/2 Package Cream Cheese
Salt and Pepper to taste



Roast Directions:

Thaw pot roast overnight in sink or refrigerator. In the morning, place the roast in a crock pot with cut up carrots and pour onion soup mix over. Turn crock pot on low and cook for 8-10 hours.

Mashed Potatoes Directions:

Peel and cut up potatoes. Bring a large pot to boil on stove. Add potatoes, turn to medium heat and simmer until potatoes are tender. Remove potatoes with a slotted spoon to a plastic bowl. Add butter, cream cheese and salt and pepper. Using the potato masher, mash until creamed together.

9

CAR MAINTENANCE

CAR MAINTENANCE CLASS

Course Description:

Beginning lessons on taking care of a vehicle.

How:

Work with Dad to learn the different parts of a car and their functions. Learn how to perform many maintenance duties, including changing the oil and changing a tire.

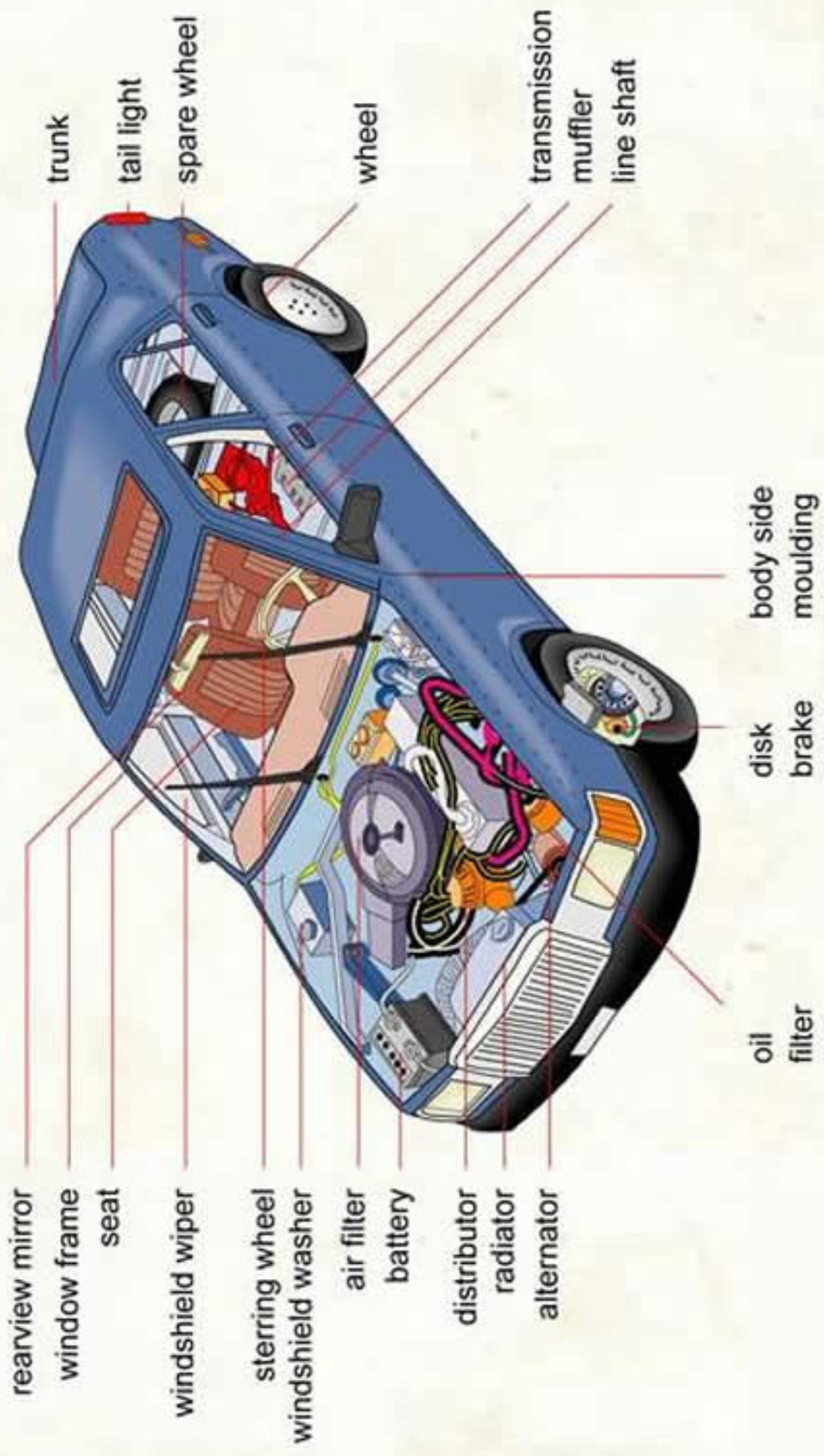
Graduation:

Once you can successfully change the oil and a tire (with Dad's help under your management), you will earn a model car/truck of your choosing.

CAR CLASS CHECKOFF

| Skill | Dad Taught Me | Dad Supervised | I Did it Myself |
|-------------------------------------|---------------|----------------|-----------------|
| Check fuses | | | |
| Check tire pressure | | | |
| Check lights / change light bulb | | | |
| Jump a car | | | |
| Change the oil | | | |
| Change a tire | | | |

ANATOMY OF AN AUTOMOBILE



ETIQUETTE

ETIQUETTE CLASS

Course Description:

Learn the basics of social and dining etiquette.

How:

Work with Mom and Dad to memorize principles of etiquette and work on applying them in your daily life.

Graduation:

Once Mom and Dad have observed your perfected manners at least three times, you will be deemed a graduate. This will certify your graduation in your Life Skills curriculum.

Graduation from all ten platforms will be celebrated by a special trip with Mom and Dad.

ETIQUETTE CHECKOFF

| Rules | Memorize | Practice | Perfect |
|--------------------------------|----------|----------|---------|
| Rules of a Lady/ Gentlemen | | | |
| Dining Etiquette | | | |
| How to address elders | | | |
| How to properly set a table | | | |

DINING ETIQUETTE RULES

1. Napkins stay in laps until every is exiting the table. If we must exit first or during the meal for any reason, our napkin goes in our chair and then upon our return, back to our lap.
2. Do not heap plates full of food. We should never have food stacked on top of each other.
3. Never place fingers in mouth for any reason. NEVER!
4. Only cut one to two bites of food at a time, placing our utensils down in between every one to two bites.
5. Never push plates away from us after we are finished eating to signal that we are finished. Simply place utensils side by side at five o'clock with the handles of the utensils slightly off the plate.
6. Never stack plates in order to help clean up the mess when at a restaurant or formal dinner. Only do this when you're at home or when you have been asked to do so by the host.
7. Never read across anyone to get something at the table. Ask for the item to be passed.
8. Keep conversation at the dinner table light, refraining from speaking of too serious of topics or topics that are not appropriate such as gross things, vulgar things, sad things, political or religious debates.
9. Always find ways to compliment the cook or host.
10. NEVER announce dislikes at the table. Simply say "no thank you" if we don't care for something.

RULES OF A GENTLEMAN

1. Always open doors for all ladies and peers (especially mother and sisters)
2. Avoid ever speaking of offensive topics in the presense of ladies
3. Never engage in behavior that could be misconstrued as inappropriate
4. Always pay for the meals of those you invited to lunch or dinner
5. Always dress in a way that shows you have respect for yourself and others
6. Always stand when a lady approaches or leaves my table
7. Refrain from giving physical affection to ladies you're in a casual relationship with, unless you have their permission
8. Always help all ladies with their coats, umbrellas, or any other item they need assistance with
9. Always keep your word, returning items on time and always completing tasks when you committed to completing them
10. Always make and keep eye contact in your conversations
11. Always offer your seat to ladies and children

RULES OF A LADY

1. If a man knows that it is etiquette to remain standing until you are seated, be sure to sit promptly as to not leave him standing too long
2. Don't use rude or shocking language, especially at the table. Your language is a representation of your mind and heart
3. Dress tastefully: A lady dresses appropriately for the occasion
4. Phone calls: When in doubt, a good rule of thumb is not to make phone calls before 9 am or after 9 pm
5. Be gracious. Never just say, "hello" when being introduced to someone. Offer a kind greeting like, "it's a pleasure to meet you" or "how are you this evening?"
6. Turn your phone on silent and put it away for meals, meetings and church
7. Say, "yes, please" or "no, thank you." Do not say, "yep" or "nope."
8. Give compliments with sincerity and only when you mean it
9. A lady offers to help someone in need. Being a lady starts with how you treat yourself and others. Offer your seat to the elderly, disabled or a parent with small children.
10. Never arrive empty handed. Bringing a small hostess gift shows your appreciation for the preparation your host has done.
13. Your word is your bond. A lady warrants a respectable reputation purely by the consistency of her word. She always keeps her promises.

ADDRESSING ELDERS

1. Address your elders properly. Unless they tell you otherwise, call them Mr. or Ms. followed by their last name. If you don't know their last name, refer to them as "Ma'am" or "Sir".
2. Shake hands with everyone you meet for the first time or if you haven't seen him or her in a while
3. Speak clearly without slang
4. Make eye contact and smile when approaching or greeting your elders. This shows you acknowledge their presence.
5. Offer assistance. Hold doors for your elders and allow him or her to go first. Offer to reach something on a high or low shelf in a store or at home.
6. Give your time and attention. Sit down with a grandparent or other elderly person and show that you care by asking them about their life and their plans.

Formal Diner Place Setting



- 1 Placemat
- 2 Bread Plate
- 3 Butter Knife
- 4 Salad Fork
- 5 Dinner Fork
- 6 Dinner Plate
- 7 Napkin
- 8 Dessert Spoon
- 9 Dessert Fork
- 10 Dinner Knife
- 11 Salad Knife
- 12 Soup Spoon
- 13 Water Glass
- 14 Red Wine Goblet
- 15 White Wine Goblet

- If a salad plate is served; place it on top of the dinner plate below the napkin.
- If coffee is served; the cup and saucer should be down and to the right of the soup spoon.