

Make. Fix. Cook. Clean. Cut. Build.

**The
Big Book of
(Slightly Dangerous)
LESSONS
FOR BOYS**

based on

**The Boy's Guide
to Home Skills**

Save. Grow. Think. Do. Earn.

SAMPLER & OUTLINE

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From the Introduction:

Teaching boys a new skill is exciting, fun, and well...exasperating. Boys don't think or process the same way that we as women do, and skill subjects can feel like a trip to the dentist. Our goal is to give you a renewed love and appreciation for your mini-man; and to really connect with his heart, head and hands over the coming weeks and months. We're going to give you a toolbox **first** so you can teach your special guy the skills necessary to be a leader and provider in the home.

How to Teach a Boy:

Plan short lessons with a single goal and tangible reward.

Girls enjoy spending time with mommy and working on a variety of projects and skills. They are motivated by relationships, just like you. Boys are motivated by projects and missions that have a clear and obtainable goal and offer a reward for their labor. Instead of making a meal together, make a single recipe. Patch a hole in a pair of pants. Wash the car.

Talk less, show more.

Men communicate better side-to-side than face-to-face.

A wise wife knows that a car ride is the single best place to get her hubby talking. The same thing is true for sons: talking while you work, ride, or eat side-by-side is a powerful communication tool with males. **While you're teaching these skills, make a conscious effort to be beside him; not face-to-face or behind his back telling him "how to do it."**

Most men prefer action to verbal directions: use object lessons if possible

Challenge yourself to say as few words as possible, and then allow your son to ask questions to clarify when necessary. One of our first lessons will require your son to measure flour. Whether you teach him to use a kitchen scale or to spoon flour into the cup and then level it with a knife, try to use 3-5 words instead of 437. "Cup. Spoon. Level," or, "Bowl. Tare. Ounces." is tremendously effective when you are standing next to him and showing him. If he asks "Why?", and we hope he does, have him measure a cup of flour dipping into the canister or bag and then weigh the flour he scoops out. Do the same thing yourself and weigh the flour you've scooped out to show him how much a measurement can vary from one person to the next. Don't just tell him, "Well, every person measures out a different amount of flour, so we have to all learn to scoop it the

same way or weigh it out so that the recipe comes out the right way.”

Use strong, exciting language.

Keep your voice soft and low, but choose words that have the ability to motivate a man: military, sports, cars, computers/electronics, and woodcraft words all associate home skills you're trying to teach with the excitement of the male world he normally inhabits. A hearty “Boo-yah” followed by a fist bump is a far better way to celebrate a great batch of muffins with a boy than a hug and “they look so pretty.” Picking up a sewing or first aid kit at an Army surplus will have your son patching up people and pants in no time. Go to a car show and have him ask the owners how they wash, wax, and shine their wheels.

Identify your son's personality and interests before you attempt to teach a skill.

Professional educators often spend hours keeping up with everything from sports teams to space exploration so they can make their teaching exciting and relevant. Your son probably has one or two key interests that you can use to lead from the known and loved to the unknown. Most boys' personalities also fall somewhere on the continuum between *explorer* and *engineer*.

- An **explorer** forges ahead in every project at an alarming pace, intent on getting to the goal as quickly and loudly as possible. If he fails to achieve his goal, he simply jumps back in with renewed vigor.
- An **engineer** is careful and methodical and enjoys tools and research – he longs to do things “the right way” and dislikes short cuts or failed attempts.

If your son tends more toward the **explorer**, give him short lessons, and allow him to learn by failing. “Debrief” him after each failure, and allow him to try again now that he understands his mistake. In FIRST robotics clubs, the students are required to learn by trial and error.

If, on the other hand, your guy is more of an **engineer**, seek to give him careful instruction and proper tools, allowing him to enjoy the process. Failure will *demotivate* this type of learner.

We're starting with the kitchen unit: use this unit to learn your son's style, and then continue to tailor the lessons for his personality.
(There's a lot more continued in full manual...)

Here's an Overview of the Lessons:

Unit 1: Like to Eat? Learn To Cook!

Unit Objective:

In these six lessons (some of which will be repeated throughout the year), our goal is to teach our sons to serve and bless their families by learning to plan, shop for, prepare, and present a wide variety of economical, nutritious recipes. They will learn food safety, sanitation, and proper technique while working through the recipes.

Lesson 1: Food! My Favorite!

1. The student will be able to repeat and explain the five rules for working in the kitchen from memory using the hand mnemonic.
2. The student will be able to explain why he should use a cutting board and timer.
3. The student will be able to repeat from memory the two primary stove safety rules: “The stove is off unless it is in use,” and “Never place an empty pan on a burner.”

Lesson 2: Set-up and Clean-up

1. The student will be able to set a table properly.
2. The student will be able to clean the kitchen following a meal, including pots and pans.

Lessons 3, 4, and 5 will take place throughout the year. As each technique is mastered, the student will continue making that menu item as needed. He will then move on to the next menu item until it is mastered, and so forth.

Lesson 3: Lip Smackin' Lunches

1. The student will prepare grilled cheese sandwiches and their variations using a skillet.
2. The student will wash and prepare celery sticks and hummus or peanut butter using a knife and cutting board.
3. The student will learn how to use measuring cups by preparing a batch of Polka-Dot Snack Mix
4. The student will be able to brown ground meat in a frying pan.
5. The student will be able to make a simple baking powder pizza dough and pat it to the correct thickness on a cookie sheet.

6. The student will be able to set the oven to the correct temperature.
7. The student will be able to place a pan into a hot oven and remove the cooked product in the hot pan safely from the oven.
8. The student will learn how to slice an “Aussie Apple” using a chef’s knife and cutting board.

Lesson 4: Bodacious Breakfasts

1. The student will be able to make scrambled eggs or omelets from whole eggs using a pan on the stove.
2. The student will be able to measure ingredients and prepare smoothies in an electric blender.
3. The student will be able to turn smoothies into ready-to-go frozen pops using paper cups and plastic spoons.
4. The student will be able to brew a pot of coffee.
5. The student will be able to make pancakes on the griddle.
6. The student will be able to make up a hot chocolate mix and cups of hot chocolate using the mix.

Lesson 5: Super Suppers

1. The student will be able to poach and shred raw chicken breasts using proper safe food handling techniques.
2. The student will be able to complete a multi-stepped dinner recipe by preparing chicken enchiladas.
3. The student will be able to prepare a pot of rice on the stovetop. He will also do a cost analysis of prepared rice, minute rice, and traditional rice.
4. The student will be able to chop and prepare a variety of veg for a salsa or salad, depending on his family's preference.
5. The student will prepare a pan of brownies or a batch of cookies from scratch.
6. The student will prepare a batch of Artisan bread for a family dinner.
7. The student will plan, shop for, and prepare a dinner meal for his family within a given budget.

Lesson 6: Cookin' Over Coals

1. The student will prepare a stick and make s'mores over coals.
2. The student will prepare foil schooners and use them to cook a dinner entree over coals.

Unit 2:

The Young Gentleman

Unit Overview:

We will be covering the basic manners and dress code expected for American boys in the four lessons making up this unit. Hopefully your son has already mastered the better part of each list and this will be a timely review, but it's not too late to learn. Regional distinctions may require you to edit or change the list. For example, most men and women in the Northeast are mildly offended or amused when they are referred to as “sir” or “ma'am.”

Lesson 1: All the King's Men

- The student will be able to state what the distinguishing badge or mark of a believer is: love for one another.
- The student will be able to state how each of the 15 Mealtimes Manners show love for others at the table, and especially the one who spent the time and energy to prepare the food.
- The parents and student will evaluate the young man's current table manners.
- The parents and student will choose one manner to especially work on at family dinners. He and his parents will have a code word or hand motion to remind him if he forgets.

Lesson 2: Guarding the Homefront

- The student will be able to state what the distinguishing badge or mark of a believer is: love for one another.
- The student will be able to state how each of the 9 Manners at Home demonstrate love for his family.
- The parents and student will evaluate the young man's current home manners.
- The parents and student will choose one manner to especially work on at home. He and his parents will have a code word or hand motion to remind him if he forgets.

Lesson 3: Representing Your King to the World

- The student will be able to state what the distinguishing badge or mark of a believer is: love for one another.
- The student will be able to state how each of the 10 Manners in public demonstrate love for others.
- The parents and student will evaluate the young man's current public manners.
- The parents and student will choose one manner to especially work on when out of the home. He and his parents will have a code word or hand motion to remind

him if he forgets.

Lesson 4: Look Sharp!

- The student will be exposed to standards and expectations for formal wear.
- The student will learn how to tie a necktie.
- The student will be able to explain why a servant of the King should dress neatly and carry himself with dignity.

Unit 3: First Aid and Safety

Unit Overview:

The four lessons in this chapter will prepare your son to deal with both health and home safety situations. Life threatening situations will require the intervention of trained adults, but teaching your son the first few steps to prolong the window for Emergency Services or even ensure a better outcome are crucial. He also needs to learn that prevention and training are essential to protecting his family. We will be using the Red Cross website extensively because that information is kept 100% up-to-date and accurate.

Lesson 1: It's All In Your Head

- The student will be able to recite and explain the STOP acronym for emergency protocol.
- The student will have real time practice in multiple applications of STOP.

Lesson 2: Life and Limb: First Actions for Life Threatening Emergencies

- The student will be able to state first action for Emergency situations
- The student will be able to state first action for Bites & Stings and recognize poisonous species indigenous to your area.
- The student will practice using any emergency measures needed for family members (epi-pens, insulin/sugar, etc.)
- The student will receive CPR certification.

Lesson 3: Treating Minor Emergencies

- The student will assemble a first aid kit
- The student will bandage simulated lacerations.
- The student will be able to recognize and treat heat exhaustion and dehydration.
- The student will treat a simulated first or first/second degree burn.

Lesson 4: An Ounce of Prevention is Worth a Pound of Cure

- The student will participate in practice drills for weather emergencies in your location.
- The student will prepare his family for a major event.
- *The student will run a home inspection for hazardous chemicals and other potentially fatal situations.*

Unit 4: The Family Handyman

Unit Overview:

A Handyman can do a little bit of anything! In these 8 lessons, we want to teach your son the basics of home upkeep and maintenance so he can take some of the burden off you and your husband. One day when he's the head of his own home, he'll be able to help keep it in good working order.

Lesson 1: Getting a Clean Start

- The student will be able to state and explain the concept of Time Debt.
- The student will be able to sort the laundry.
- The student will demonstrate how to load and run the washer properly for each type of load.
- The student will learn proper folding technique and deliver laundry to it's final location.

Lesson 2: He's Just Sew Talented!

- The student will demonstrate how to sew on a button.
- The student will demonstrate how to patch a hole in a pair of work pants.

Lesson 3: Sweeping Mom off Her Feet

- The student will demonstrate how to sweep a floor clean.
- The student will demonstrate proper mopping technique.
- The student will treat a small stain on carpet properly.

Lesson 4: And He Nailed It!

- The student will be able to perform minor maintenance throughout the home and yard.

Lesson 5: I'm Feeling A Little Drained

- The student will be able to unplug a lav or sink drain by removing and cleaning the p trap.
- The student will be able to unplug a clogged shower drain.

Lesson 6: Let there be light!

- The student will learn how to change all the different types of lightbulbs in his own home.
- The student will learn how to remove, clean, and replace glass shades and diffusers.

Lesson 7: It's a Wash!

- The student will learn how to wash the exterior of a vehicle.
- The student will learn how to clean the interior of a vehicle.
- The student will create a checklist for cleaning the car.

Lesson 8: Cleaning the Cave

- The student will learn a method for thoroughly cleaning his own bedroom.
- The student will learn or review the method to make a bed properly.

Unit 5:

Let's Go To The Woodshed

Unit Overview:

In this fun unit, we're going to explore two different aspects of woodcraft: Whittling and Woodworking. If your son leans more to the Explorer side of learning, he'll probably really enjoy the whittling lessons. Engineers, on the other hand, will love the woodworking, and may be perplexed by the fluid, artistic nature of whittling. If you don't have time to cover all three lessons, choose the lesson that best fits your son's temperament. If you're from the north, let your son know that "Let's Go to the Woodshed" doesn't mean a spanking this time!

Lesson 1: Respect the tools, respect the rules.

- The student will understand that he requires training on how to use and care for each tool in this unit. He may not "just figure it out," he must seek assistance **from an adult.**
- The student will be able to state the basic safety rules regarding sharp and/or power tools.
- The student will be fully aware that neglect or abuse of tools or rules will result in the loss of the privilege given.

Lesson 2: Whittle Your Way to Fun

- The student will learn how to carry and care for his knife responsibly.
- The student will learn to shave curls off of a stick or pencil using a push cut.

Lesson 3: Crafting With Wood.

- The student will learn how to identify and use basic woodworking tools.
- The student will learn how to follow a plan.
- The student will learn to "measure twice, cut once"
- *The student will learn to store and steward his tool collection.*

Unit 6: **Along the Garden Fence**

Unit Overview:

Growing a garden is rewarding and can be a for-profit venture, too. Most young men enjoy the work of planting and caring for their own patch of veg. The secret to an easy, fun garden is daily care. Spend the next few weeks linking everything you do to spiritual principles. The Bible is full of lessons tied directly to farming from the parable of the soils to the overarching concept of sowing and reaping.

Important:

At least one month before doing this unit, and preferably in the fall, have your garden soil tested by your state's extension office. The procedure is easy, inexpensive, and fun for your son. Knowing the soil composition and pH is the single greatest factor for garden success. Call or go to your state's extension website for details on how to have your soil tested. Don't waste your money on kits from the store: they aren't accurate and cost more than the professional lab services offered by your state.

Lesson 1: Offensive Maneuvers: Plan your plot

- The student will be able to explain the importance of soil, sunlight, and water for his crops.
- The student will plant 1 or 2 crops based on his research.

Lesson 2: Defensive Maneuvers: Protect your plot

- The student will develop an arsenal of organic methods for protecting his crop.
- The student will be able to list mechanical ways to protect his crop.

Lesson 3: Funding the War: Pricing your produce

- The student will have a clearly defined financial goal for his crop.
- *The student will learn how to research the best ways to meet his financial goals.*

Unit 7: **Outdoor Adventures**

Unit Overview:

For this chapter, we're going to move our efforts to the great outdoors. Men and boys have enjoyed camping, hiking, fishing and hunting for centuries because they are uniquely equipped to thrive in this environment.

We'll be focusing on observing and guiding our son's **reactions** in this unit. Each of the activities will offer challenges, surprises (good and bad) and failure. No, failure isn't a bad thing – it's how boys grow and learn. How he responds to failure *is* important, though. The Boy's Guide contains excellent information regarding camping, hiking, fishing, and hunting. The lessons in this unit will come alongside the information in the book and equip your son with the basic skills and confidence to deal with the inevitable challenges, surprises, and failures the outdoors offers. If available, take advantage of bushcraft or hunter safety classes in your area that offer many of these skills custom tailored to your neck of the woods.

Lesson 1: Shelter

- The student will be able to erect a simple 2-4 man tent and protect it for inclement weather.
- The student will be able to use rope and knots to create a shelter from a tarp or emergency blanket. If living in the Northern tier (along the Canadian border), the student will be able to create a Super Shelter.
- The student will be able to construct an emergency shelter using local resources and his knife.

Lesson 2: Fire

- The student will know the basic principles of safely building and extinguishing an outdoor fire.
- The student will know the difference between tinder, kindling, and fuel and how to source each one.
- The student will learn how to build a basic lean to fire lay and ignite it.
- The student will use a fire to roast a snack on a stick. (Marshmallow, pre-cooked sausage, or biscuit wrap)

Lesson 3: Preparing and Using Gear to Navigate, Signal, and Survive

- The student will understand and be able to predict and prepare for the differences in temperature and weather between his home and his destination.
- The student will prepare an essential survival and comfort pack for outdoor adventures that is easily carried.

- The student will create a “My Plans” form to be left with a responsible person when he heads outdoors.

Unit 8: **Outgrowing the Piggy Bank**

Unit Overview:

Money is a finite resource. Our goal with this unit is to teach our sons how to manage a finite resource. The rich do three things the poor do not: Give, Save, and Plan. Teach your son early and often that the number of dollars do not matter nearly as much as how they are managed. A family making do on \$25,000 a year who creatively plans, faithfully saves, and cheerfully gives is rich. A family that faces crisis after crisis on \$70,000 a year and forgets to give, never saves, and always runs out of money before the next paycheck is poor.

Lesson 1: The Cheerful Giver

- The student will choose a local organization that ministers to people in his own community to support with a percentage of his income.
- The student will set aside a pre-determined portion of money for special, one-time giving opportunities.

Lesson 2: The Faithful Saver

- The student will set aside a portion of his earnings towards an emergency fund.
- The student will set aside a portion of his earnings towards long term savings goals for one time purchases.
- The student will learn how to save by not spending and by purchasing items that are well made.

Lesson 3: The Careful Planner

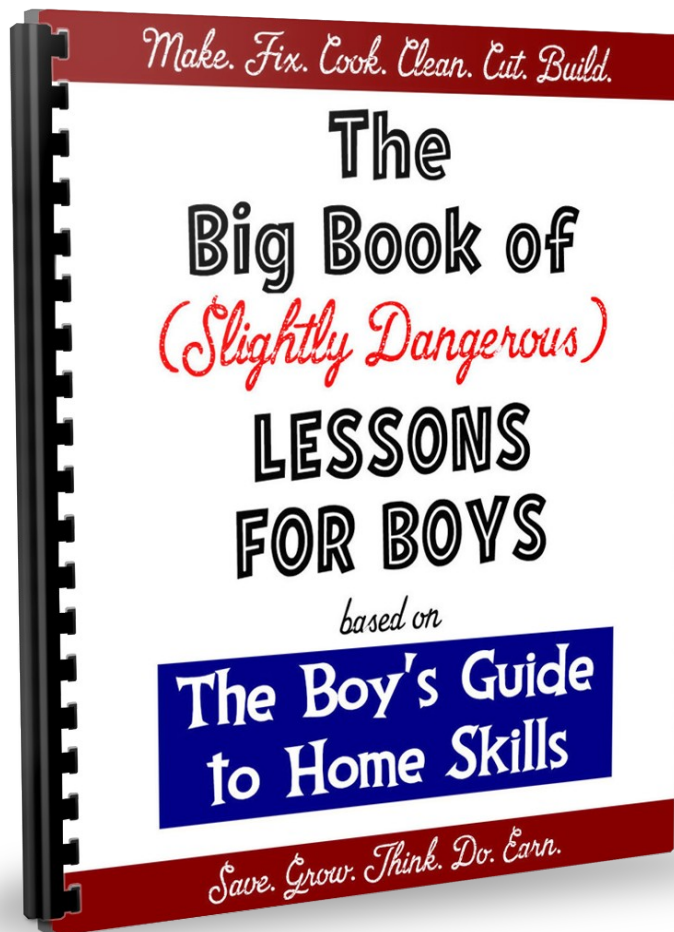
- The student will determine his regular spending needs and develop a system to plan his funds for those needs.
- The student will learn the importance of and set aside pocket or “mad” money.
- The student will learn how to adjust his plan as his spending needs change.

Bonus Unit: It's About Time

Overview:

We're going to transition away from the book for our final lesson, and take a few days to begin teaching our sons time management. Time management is so closely related to money management they're practically the same thing...time is money, after all! Our goal is to have your son create one sheet/card each evening before bed that we'll call the "Battle Plan" for the next day. Most of this lesson is teaching your son how to get each part of the Battle Plan: Routines, Activities, Tasks and Events (R.A.T.E.).

...PLUS MORE!



**That's the end of this sample overview! Get the complete
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