RUSHLIGHT PRESS · FREE PRINTABLES

# The Hands-On Skill Kit

*Track every skill. Earn your rank. Build the kits that matter.*

These are the printable pages for *Hands-On Life Skills for Teen Boys*. Print them, keep them in your toolbox, and mark off every skill the day you do it for real — not the day you read it.

## WHAT'S INSIDE


**2–3** **Your Skill Map** — all 101 skills, with a box to tick and the XP for each

**4** **The Halftime Scorecard** — for the middle of the book

**5** **Starter Toolbox Checklist** — Skill 1

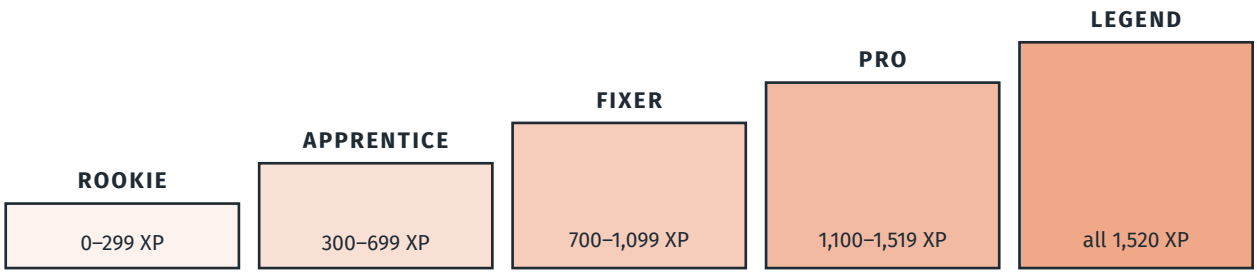
**6** **First-Aid Kit Checklist** and a cut-out emergency card — Skill 82

**7** **Fire Escape Plan** — a grid for mapping your home — Skill 89

**8** **Home Emergency Kit Checklist** — Skill 100

**9** **Your "Certified Hands-On" Certificate**


## FIVE RANKS. 1,520 XP. ONE SUMMER.




**Printing tip:** print on US Letter paper at 100 % ("Actual size"). Black-and-white printing works perfectly.

SKILL MAP · PAGE 1 OF 2

# Your Skill Map

*Tick each skill when you have done it for real — not just read it. Add up your XP and find your rank on the next page.*

### CHAPTER 1 GEAR UP

- ☐ **1** Build a Starter Toolbox +10
- ☐ **2** Read a Tape Measure Like a Pro +10
- ☐ **3** Drive a Nail Without Bending It +10
- ☐ **4** Match the Screwdriver to the Screw +10
- ☐ **5** Grip, Twist, and Turn: Pliers and Wrenches +10
- ☐ **6** Get It Level +10
- ☐ **7** Use a Cordless Drill +20
- ☐ **8** Find a Stud in the Wall +20
- ☐ **9** Protect Your Eyes, Ears, and Hands +10

### CHAPTER 2 FIX IT

- ☐ **10** Hang a Picture Straight the First Time +10
- ☐ **11** Choose and Install a Wall Anchor +20
- ☐ **12** Patch a Small Hole in the Wall +20
- ☐ **13** Tighten a Wobbly Chair, Table, or Handle +10
- ☐ **14** Silence a Squeaky Hinge +10
- ☐ **15** Unstick a Sticky Drawer or Door +10
- ☐ **16** Assemble Flat-Pack Furniture Without Losing Your Mind +20
- ☐ **17** Change a Light Bulb the Smart Way +10
- ☐ **18** Change the Furnace Air Filter +10

### CHAPTER 3 WATER WORKS

- ☐ **19** Find and Shut the Main Water Valve +10
- ☐ **20** Stop an Overflowing Toilet in Ten Seconds +10
- ☐ **21** Plunge a Toilet the Right Way +10
- ☐ **22** Fix a Toilet That Won't Stop Running +20
- ☐ **23** Unclog a Sink With a Plunger +10
- ☐ **24** Clean Out a Sink Trap +20
- ☐ **25** Clear a Slow Shower Drain and Clean a Showerhead +10
- ☐ **26** Re-Caulk a Bathtub +30
- ☐ **27** Handle a Leak Like a Pro +20

### CHAPTER 4 POWER UP

- ☐ **28** Understand Volts, Amps, and Watts +10
- ☐ **29** Reset a Tripped Breaker +10
- ☐ **30** Reset a GFCI Outlet +10
- ☐ **31** Use Extension Cords and Power Strips Safely +10
- ☐ **32** Test and Maintain Smoke and CO Alarms +10
- ☐ **33** Know Your Batteries +10
- ☐ **34** Get Through a Power Outage +20
- ☐ **35** Keep a Generator From Killing Anyone +20
- ☐ **36** Fix a Lamp That Won't Turn On +20

### CHAPTER 5 TWO WHEELS

- ☐ **37** Run the Two-Minute Pre-Ride Check +10
- ☐ **38** Pump Your Tires to the Right Pressure +10
- ☐ **39** Fix a Flat Tire +30
- ☐ **40** Put a Dropped Chain Back On +10
- ☐ **41** Clean and Lube a Chain +20
- ☐ **42** Set Your Seat Height +10
- ☐ **43** Adjust Your Brakes +20
- ☐ **44** Lock Your Bike So It Stays Yours +10

### CHAPTER 6 BEHIND THE WHEEL

- ☐ **45** Read the Dashboard Warning Lights +10
- ☐ **46** Check the Engine Oil +10
- ☐ **47** Check Tire Pressure +10
- ☐ **48** Check Tire Tread With a Penny +10
- ☐ **49** Top Up Washer Fluid and Replace Wiper Blades +10
- ☐ **50** Jump-Start a Car +30
- ☐ **51** Change a Flat Tire +30
- ☐ **52** Handle a Breakdown Safely +20
- ☐ **53** Know What to Do After a Fender-Bender +20

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

SKILL MAP · PAGE 2 OF 2

# Your Skill Map

*The second half of the summer: heat, cleaning, the outdoors, first aid, building, and the storm.*

### CHAPTER 7 HEAT IT UP

- ☐ **54** Hold and Use a Knife Like a Chef +20
- ☐ **55** Keep Your Kitchen Clean and Safe +10
- ☐ **56** Cook Eggs Three Ways +10
- ☐ **57** Cook Perfect Pasta and Rice +10
- ☐ **58** Use a Meat Thermometer +10
- ☐ **59** Make a 20-Minute Dinner +20
- ☐ **60** Store Leftovers Safely +10
- ☐ **61** Put Out a Grease Fire +20
- ☐ **62** Clean Up Fast and Load a Dishwasher +10

### CHAPTER 8 CLEAN SWEEP

- ☐ **63** Read Laundry Labels and Sort a Load +10
- ☐ **64** Run a Washing Machine +10
- ☐ **65** Dry Clothes Without Shrinking Them +10
- ☐ **66** Beat the Five Most Common Stains +20
- ☐ **67** Fold Shirts and Jeans Like a Store Does +10
- ☐ **68** Iron a Dress Shirt +20
- ☐ **69** Sew On a Button +20
- ☐ **70** Clean a Bathroom in Fifteen Minutes +10
- ☐ **71** Bring Dirty Sneakers Back to Life +10

### CHAPTER 9 OUTSIDE

- ☐ **72** Mow a Lawn Safely +20
- ☐ **73** Set Up and Climb a Ladder Safely +20
- ☐ **74** Lift Heavy Things Without Hurting Your Back +10
- ☐ **75** Move Heavy Stuff With a Dolly or Wheelbarrow +10
- ☐ **76** Tie Four Knots That Actually Matter +20
- ☐ **77** Pitch a Tent and Pick a Campsite +20
- ☐ **78** Build and Put Out a Campfire +30
- ☐ **79** Find North Without a Phone +20
- ☐ **80** Stay Safe When Thunder Rolls +10

### CHAPTER 10 FIRST RESPONDER

- ☐ **81** Call 911 Like a Pro +10
- ☐ **82** Build a First-Aid Kit +10
- ☐ **83** Stop the Bleeding From a Cut +20
- ☐ **84** Treat a Minor Burn +10
- ☐ **85** Stop a Nosebleed +10
- ☐ **86** Help Someone Who Is Choking +30
- ☐ **87** Do Hands-Only CPR +30
- ☐ **88** Use a Fire Extinguisher +20
- ☐ **89** Make a Home Fire Escape Plan +10

### CHAPTER 11 BUILD IT

- ☐ **90** Plan a Project With a Sketch and a Cut List +20
- ☐ **91** Cut Wood Straight With a Handsaw +20
- ☐ **92** Sand Like a Pro +10
- ☐ **93** Join Wood With Glue and Screws +20
- ☐ **94** Build and Hang a Wall Shelf +30
- ☐ **95** Paint a Wall +20
- ☐ **96** Clean Brushes and Store Paint +10

### CHAPTER 12 THE STORM

- ☐ **97** Troubleshoot Anything +20
- ☐ **98** Read a Manual and Find the Right Part +10
- ☐ **99** Know When to Call a Pro +10
- ☐ **100** Pack a Home Emergency Kit +20
- ☐ **101** Teach Someone Else +20

**YOUR RANK**

| Rookie | Apprentice | Fixer | Pro | Legend |
|---|---|---|---|---|
| 0–299 XP | 300–699 XP | 700–1,099 XP | 1,100–1,519 XP | all 1,520 XP |

**SKILLS DONE** _____ of 101 **MY TOTAL XP** _____ **MY RANK** _____

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

HALFTIME

# The Halftime Scorecard

*You are in the middle of the book. Stop, count, and look at how far you have come.*

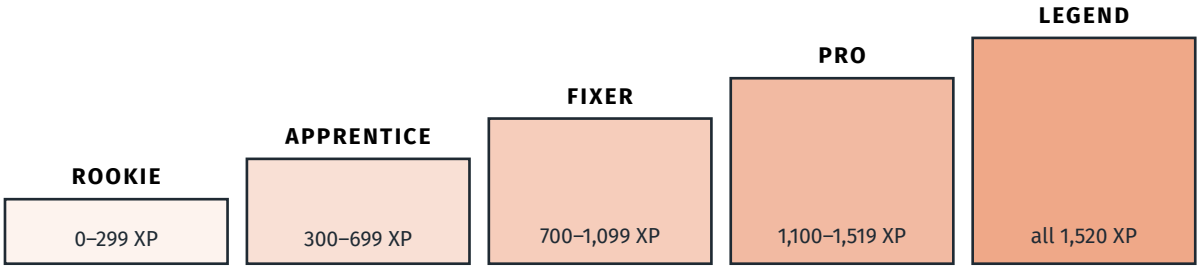
**SKILLS COMPLETED SO FAR**

_____ of 53 skills in Chapters 1–6

**XP EARNED SO FAR**

_____ of 760 XP available in Chapters 1–6

**MY RANK RIGHT NOW · CIRCLE ONE**




**THE SKILL I AM PROUDEST OF**

_____

**SOMETHING I FIXED OR MADE FOR REAL AT HOME**

_____

**THE THREE SKILLS I WILL DO NEXT**

1. _____ 2. _____ 3. _____

> *"Halfway is where most people quit. Don't be most people."*
>
> — GUS

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

SKILL 1

# Starter Toolbox Checklist

*About twelve good tools and a box to keep them in. With these, you can handle almost every repair in the book.*

- [ ] **Claw hammer (16 oz)**
  For driving and pulling nails.
- [ ] **Tape measure (25 ft)**
  The most-used tool you will ever own.
- [ ] **Screwdriver set**
  Or one multi-bit driver with Phillips, flat, square, and star bits.
- [ ] **Adjustable wrench (8 inch)**
  For nuts and bolts of almost any size.
- [ ] **Slip-joint pliers and needle-nose pliers**
  For gripping, bending, and reaching.
- [ ] **Utility knife, with spare blades**
  For boxes, carpet, caulk, and a hundred other jobs.
- [ ] **Torpedo level (about 9 inches)**
  For shelves, pictures, and anything that should be straight.
- [ ] **Cordless drill/driver, with a starter bit set**
  The tool that changes everything.
- [ ] **Stud finder**
  So heavy things stay on the wall.
- [ ] **Safety glasses**
  Non-negotiable.
- [ ] **Work gloves**
  For rough, sharp, or dirty jobs.
- [ ] **Flashlight or headlamp**
  Because things always break in dark places.

**THE PARTS BOX**

- [ ] Assorted screws
- [ ] Nails
- [ ] Wall anchors
- [ ] Duct tape
- [ ] Electrical tape

**Pro move:** buy the tape measure, screwdrivers, and safety glasses new and decent. For bigger tools, check garage sales, family members, and tool-lending libraries.

> *"Buy once, cry once. A cheap screwdriver costs you twice."*
> — GUS

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

SKILL 82

# First-Aid Kit Checklist

*The best first-aid kit is the one you can find in ten seconds. Build one for home, and a smaller one for the car or your backpack.*

- [ ] **Adhesive bandages in several sizes**
- [ ] **Sterile gauze pads and a roll of gauze**
- [ ] **Medical tape and an elastic wrap bandage**
- [ ] **Antiseptic wipes and antibiotic ointment**
- [ ] **Tweezers and small scissors**
- [ ] **Disposable gloves**
- [ ] **An instant cold pack**
- [ ] **An emergency space blanket**
- [ ] **A CPR face shield**
- [ ] **Hand sanitizer**
- [ ] **The emergency card below, filled in**

**KIT CHECKED ON · TWICE A YEAR**

_____ _____ _____ _____

○– Cut along the dashed line and keep the card in the lid of the kit.

## EMERGENCY CARD

Keep in the first-aid kit

**EMERGENCY** 911

**POISON HELP** 1-800-222-1222

**HOME ADDRESS** _____

**PARENT OR GUARDIAN** _____

**SECOND CONTACT** _____

**ALLERGIES** _____

**MEDICATIONS** _____

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

SKILL 89

# Our Fire Escape Plan

*Draw your home from above: every room, door, and window. Then mark two ways out of every room and one meeting place outside.*

Wall · Door · Window · Way out · Smoke alarm · Meeting place

**OUR MEETING PLACE OUTSIDE**

_____

**WE PRACTICED ON · TWICE A YEAR, ONCE AT NIGHT**

_____ _____

**Get low** under smoke. **Feel doors** with the back of your hand; if a door is hot, use your second way out. **Close doors** behind you. **Get out, stay out,** and call 911 from outside. Never go back in for anything.

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

SKILL 100

# Home Emergency Kit Checklist

*When a storm, flood, or long power outage hits, the stores empty fast. A kit packed ahead of time means your family is ready instead of scrambling.*

- [ ] **Water**
  At least one gallon per person per day, for at least several days.
- [ ] **Food**
  Several days of non-perishable food, plus a manual can opener.
- [ ] **Light and power**
  Flashlights, a headlamp, extra batteries, and a charged power bank.
- [ ] **Information**
  A battery-powered or hand-crank radio, ideally one that gets NOAA weather alerts.
- [ ] **First aid**
  Your kit from Skill 82, plus any medications your family needs.
- [ ] **Tools**
  A wrench or pliers for shutting off utilities, duct tape, a utility knife, and a whistle.
- [ ] **Sanitation**
  Moist towelettes, garbage bags, and hand sanitizer.
- [ ] **Paperwork**
  Copies of important documents and emergency numbers, in a waterproof bag.
- [ ] **Extras**
  Dust masks, a warm blanket, cash in small bills, and supplies for pets.

**WATER MATH**

_____ people × 1 gallon × _____ days = _____ gallons to store

**KIT CHECKED ON · EVERY SIX MONTHS: SWAP WATER AND FOOD, TEST BATTERIES**

_____ _____ _____ _____

Free printable for *Hands-On Life Skills for Teen Boys* · © 2026 Rushlight Press · You may print these pages for personal, family, and classroom use.

RUSHLIGHT PRESS

# CERTIFIED HANDS-ON

*This certifies that*

_____

*has completed _____ of the 101 skills in Hands-On Life Skills for Teen Boys, earned _____ XP, and reached the rank of*

_____

*and can be trusted with the tools.*

_____ _____

SIGNED BY A WITNESS DATE

*"Most disasters are just a valve nobody bothered to learn about." — Gus*