

10 Tools Every Kid Should Learn to Use

Start 'em young. If you want to raise a self-reliant kid, get these tools into their hands.



Start 'em young. If you want to raise a self-reliant kid, get these tools into their hands.

1 Hammer



Age 7

Any rambunctious kid should be comfortable swinging a hammer. Just be sure it's something light enough to handle correctly but sufficiently heavy to be effective. „No matter what the tool is, it has to fit,” Dahl says. „And that goes for anyone, whether male or female, young or old.” A claw hammer is - essential for pulling the inevitable bent nails—and if your kid still struggles, predrill a few holes so he or she can figure out the correct technique.

—

2 Needle-Nose Pliers



Age 8

As soon as children master scissors, they're ready for pliers, which have similar mechanics but are far more versatile. They'll be happier using smaller, 6-inch models with comfy rubberized handles. Set them loose on a spool of 12-gauge insulated copper wire, and once they get the hang of using the tool with one hand, they'll be bending, cutting, crimping, tightening, stripping, and twisting that wire into a variety of shapes while their classmates are still perfecting basic scrapbook skills.

3 Pocketknife



Age 9

A sharp knife and a fallen branch are all your kid needs to begin a lifetime of shaping wood. For now, stress the importance of cutting away from

the body while keeping the other hand safely behind the blade. With more experience, your child can experiment with pare (pull) cuts. Either way, he or she should be able to hold both the knife and the workpiece securely. A utility knife with a retractable blade has a large handle for a tight grip; it'll also give a universal lesson in changing blades when the tool becomes dull.

4 Handsaw



Age 10

Avoiding workshop meltdowns means teaching children proper techniques

early on. The handsaw, for example, can discourage any budding woodworker if taught incorrectly. „The key is always minimizing frustration,” says Paul Steiner, who teaches construction at Woodbridge Senior High School in Virginia. „Set them up so they’re comfortable getting their body over the board.” Build a sawhorse that fits them—perhaps only 12 to 16 inches tall—and give them a razor-sharp 15-inch crosscut saw.

5 Ladder



Age 11

Climbing trees is for kids; tweens get there faster with a ladder. As with all tools, correct setup is critical for safe use. Have them place the ladder on a firm, level surface away from doors and windows. Ensure it extends at least 3 feet past the supporting branch and that it's leaning at the correct angle. They can check this by standing at the base of the ladder and putting their arms straight out in front; their palms should touch the rung that's at shoulder height.

6 Soldering Iron



Age 12

When you were 12, you built an AM radio inside a Tic Tac box. Your kid, however, lives in a world of Arduino-type microcontrollers that can operate robots. Don't be intimidated, though. The essentials of electronics and the tools used to work with them haven't changed much. So grab your trusty old pencil-tipped iron and a spool of rosin-core solder, go over a few basic skills—tinning stranded wire is a good start—and beam as your kid's chess-playing robot dominates the next science fair.

7 Jigsaw



Age 14

No cutting tool is more versatile than a jigsaw. It produces curvy shapes in wood, plastics, and thin metals, making it ideal for kid-friendly projects such as, well, jigsaw puzzles. It also provides a valuable lesson in recognizing a power tool's limits. As your child turns the jigsaw into a curve, he or she will feel the tension in the blade as it binds against the material. Too much and the blade will break.

8 Cordless Drill



Age 13

Your child's first power tool is one of the safest and most versatile. „Kids need it no matter what they're building, whether a birdhouse or a Pinewood Derby car," Steiner says. To start, skip the drill bits—they'll just get broken. Instead, clip the head off a finish nail and chuck it up; it takes more abuse, and it's easier to replace. „A four-penny nail works as a 1/16-inch bit," Steiner says. „You can work all the way up to a 16-penny nail, which is about a 1/8-inch."

9 Circular Saw



Age 15

Are your children ready for a grown-up tool? That's for you to decide. „Some kids are more comfortable with tools at age 7 than others are at 15,” Dahl says. „Be honest about their skill level; don't force a tool on them that they're not ready for.” Be honest about your own skill level too—and don't let your ego stop you from asking an experienced friend or family member for a quick class.

10 Chain Saw



Age 16

Young woodcutters need at least a year's apprenticeship to learn the safe handling of a chain saw. „It's not where the saw starts that counts; it's where it finishes the cut," PM senior home editor Roy Berendsohn says. Even if you're an experienced woodsman, consider taking a refresher class with an arborist so you don't pass on bad habits to your kids. These often include skimping on safety gear such as chaps, boots, gloves, safety glasses, and hearing protection.

Sursa: popularmechanics.com

40 Simple Tips For A Happy And Healthy Life

It's all about career and success these days. No matter what we achieve, it's never enough, we always strive for more. It's all good as long as we don't forget ourselves and our loved ones. Sadly, that's rarely the case.

That's why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.

Leave a comment or vote for your favorite tips, we want to know what you think!

More info: [Daily Health Gen](#) (H/T: [Bored Panda](#))

01. Tips For A Happy And Healthy Life



**TRY TO MAKE AT LEAST
THREE PEOPLE SMILE
EACH DAY.**

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02. Tips For A Happy And Healthy Life



**SIT IN SILENCE FOR AT
LEAST 10 MINUTES EACH
DAY.**

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03. Tips For A Happy And Healthy Life



**WHAT OTHER PEOPLE
THINK OF YOU IS NONE
OF YOUR BUSINESS.**

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04. Tips For A Happy And Healthy Life



**DREAM MORE WHILE
YOU ARE AWAKE.**

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05. Tips For A Happy And Healthy Life



**DON'T WASTE YOUR
PRECIOUS ENERGY
ON GOSSIP.**

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06. Tips For A Happy And Healthy Life



**YOU DON'T HAVE TO WIN
EVERY ARGUMENT.
AGREE TO DISAGREE.**

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07. Tips For A Happy And Healthy Life

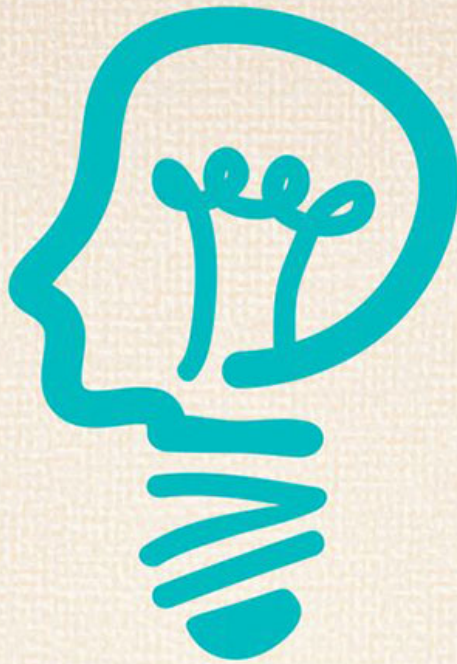


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

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08. Tips For A Happy And Healthy Life



**DON'T TAKE YOURSELF TOO
SERIOUSLY. NO ONE ELSE
DOES.**

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09. Tips For A Happy And Healthy Life

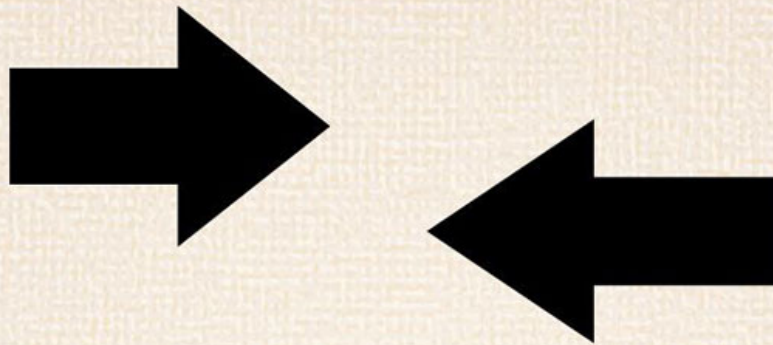


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

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10. Tips For A Happy And Healthy Life



**'DON'T COMPARE YOUR LIFE
TO OTHERS'. YOU HAVE NO
IDEA WHAT THEIR JOURNEY
IS ALL ABOUT.**

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11. Tips For A Happy And Healthy Life



**NO ONE IS IN CHARGE OF
YOUR HAPPINESS
EXCEPT YOU.**

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12. Tips For A Happy And Healthy Life



**READ MORE BOOKS
THAN YOU DID LAST
MONTH.**

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13. Tips For A Happy And Healthy Life



**YOUR JOB WON'T TAKE
CARE OF YOU WHEN
YOU ARE SICK.
YOUR FRIENDS WILL.
STAY IN TOUCH.**

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14. Tips For A Happy And Healthy Life



**SLEEP FOR 8 HOURS
A DAY.**

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15. Tips For A Happy And Healthy Life



**SMILE AND
LAUGH MORE.**

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16. Tips For A Happy And Healthy Life



**DRINK PLENTY OF
WATER.**

*“Drink at least 2 Litres of
Water Per Day.”*

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17. Tips For A Happy And Healthy Life

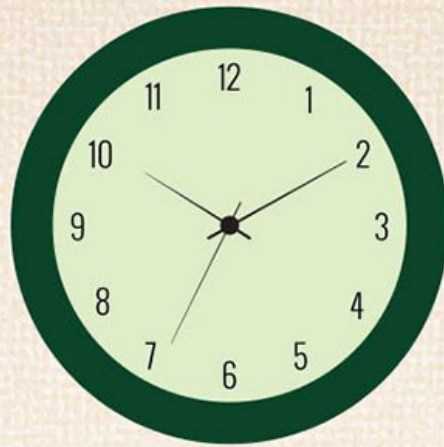


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**

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18. Tips For A Happy And Healthy Life



**HOWEVER
GOOD OR BAD
A SITUATION IS,
IT WILL CHANGE.**

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19. Tips For A Happy And Healthy Life



**CALL YOUR FAMILY
OFTEN.**

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20. Tips For A Happy And Healthy Life



**TAKE 10 - 30 MINUTES
OF JOG EVERY DAY.**

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21. Tips For A Happy And Healthy Life

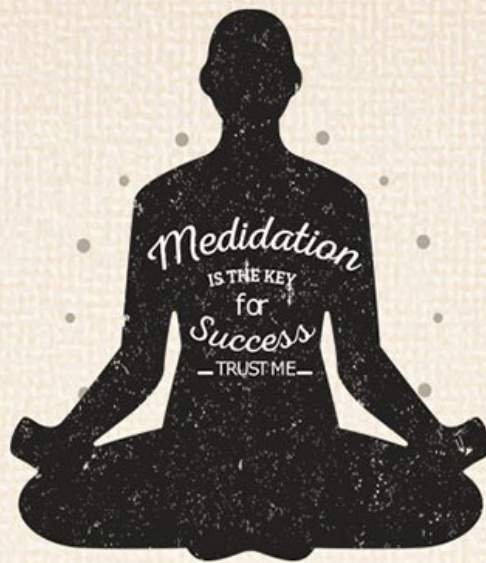


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**

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22. Tips For A Happy And Healthy Life



**MAKE TIME TO PRACTICE
MEDITATION, YOGA & PRAYER.**

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23. Tips For A Happy And Healthy Life

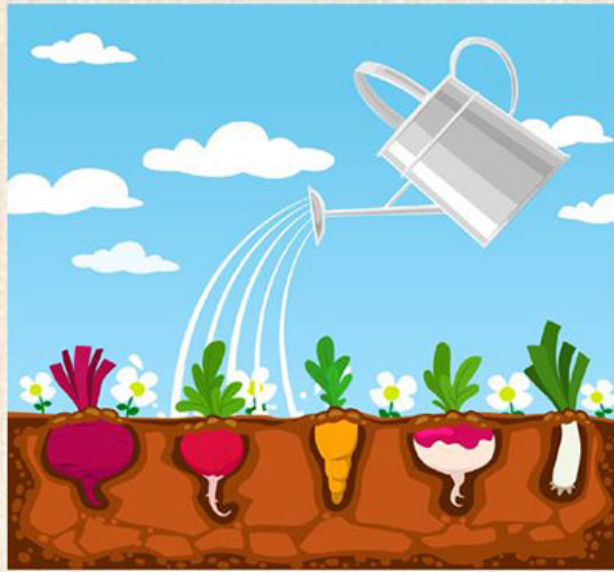


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**

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24. Tips For A Happy And Healthy Life



**EAT MORE FOODS THAT GROW
ON TREES & PLANTS AND
EAT LESS FOOD THAT IS
MANUFACTURED IN PLANTS.**

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25. Tips For A Happy And Healthy Life



Live With The 3 E's
ENERGY,
ENTHUSIASM,
EMPATHY.

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26. Tips For A Happy And Healthy Life



**ENJOY LIFE EACH
MOMENT, TRY NEW
THINGS.**

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27. Tips For A Happy And Healthy Life

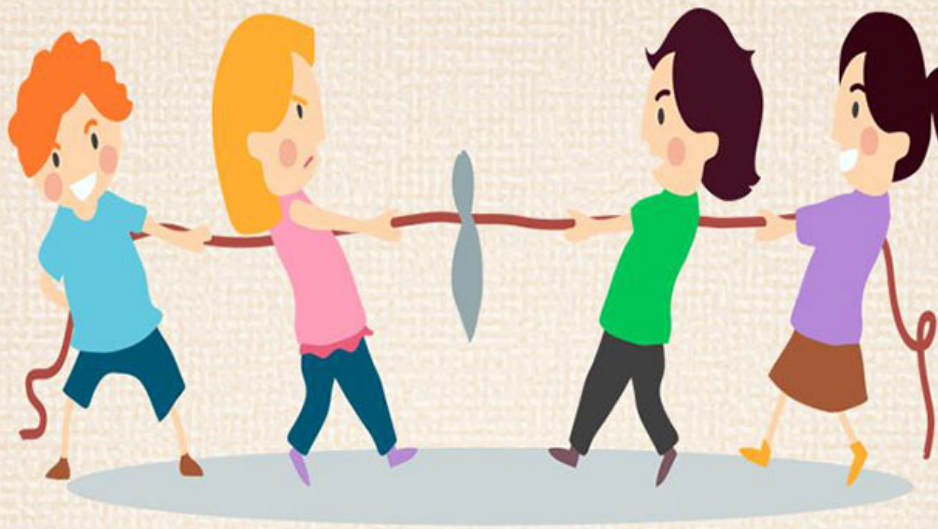


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**

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28. Tips For A Happy And Healthy Life



PLAY MORE GAMES.

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29. Tips For A Happy And Healthy Life



**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**

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30. Tips For A Happy And Healthy Life



**REALIZE THAT LIFE IS A SCHOOL AND
YOU ARE HERE TO LEARN. PROBLEMS
ARE SIMPLY PART OF THE CURRICULUM
THAT APPEAR AND FADE AWAY LIKE
ALGEBRA CLASS BUT THE LESSONS YOU
LEARN WILL LAST A LIFETIME.**

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31. Tips For A Happy And Healthy Life



**DON'T HAVE NEGATIVE THOUGHTS
OR THINGS YOU CANNOT CONTROL.
INSTEAD INVEST YOUR ENERGY IN
THE POSITIVE PRESENT MOMENT.**

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32. Tips For A Happy And Healthy Life



**GET RID OF ANYTHING
THAT ISN'T USEFUL,
BEAUTIFUL OR JOYFUL**

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33. Tips For A Happy And Healthy Life



**DON'T OVER DO.
KEEP YOUR LIMITS.**

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34. Tips For A Happy And Healthy Life



**FORGIVE EVERYONE
FOR EVERYTHING.**

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35. Tips For A Happy And Healthy Life



**EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE AND
DINNER LIKE A PAUPER.**

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36. Tips For A Happy And Healthy Life



**TIME HEALS
EVERYTHING.**

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37. Tips For A Happy And Healthy Life



**THE BEST IS YET
TO COME.**

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38. Tips For A Happy And Healthy Life

WAKE
UP!!



**WHEN YOU AWAKE
ALIVE IN THE
MORNING, THANK
GOD FOR IT.**

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39. Tips For A Happy And Healthy Life



**ENVY IS A WASTE OF TIME.
YOU ALREADY HAVE ALL
YOU NEED OR DEFINITELY
WILL GET WHAT YOU
REALLY, REALLY WANT.**

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40. Tips For A Happy And Healthy Life



**YOUR INNER MOST
IS ALWAYS HAPPY.
SO, BE HAPPY.**

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Sursa: architecturendesign.net

INOVATIV: Probleme cu semnalul wireless în casă? Cu o simplă doză de bere ai semnal dublu! | VIDEO



Pe zi ce trece devenim din ce în ce mai conectați cu mediul online și ne folosim de cele mai noi tehnologii. Viața noastră a devenit mult mai simplă datorită acestor tehnologii iar acum, spre exemplu, accesul la internet se realizează mult mai ușor, router-ul wireless fiind un exemplu.

Cu toții avem în casă un router cu ajutorul căruia putem folosi internetul din orice colț. Chiar dacă pe instrucțiunile acestuia scrie că poate transmite semnal până la câteva sute de metri, când îl punem în funcțiune ne dăm seama că nu este chiar așa. Cum putem rezolva această problemă?

Oricâte lucruri am încercat, niciunul nu a dat roade. În clipul de mai jos puteți vedea cum rezolvați această problemă cu un lucru pe care îl aveți în casă.

Aveți nevoie de o doză de suc/bere pe care să o tăiați exact cum vă este prezentat în aceste imagini și urmărind toți ceilalți pași veți vedea cum ideea prinde viață. După asta veți avea semnal wireless peste tot prin casă. Merită să încercați, nu? Foarte mulți oameni au declarat că este o idee eficientă.

Așteptam să ne spuneți dacă aveți aceeași părere, după ce veți pune în practică instrucțiunile din clipul de mai jos.

Sursa video: [youtube.com](https://www.youtube.com)

Poarta sosete ude inainte de a merge la culcare pentru a preveni si trata gripa sau raceala – 0 metoda incredibila de vindecare!

Un articol de Cristian Iacov

Moda sosetelor ude a fost folosita in cultura indiana pentru a preveni si trata raceala si gripa.

Chiar daca nu pare deloc placuta, aceasta metoda este insa foarte utila. Strategia de umezire ajuta in simptomele febrei datorita faptului ca sangele incepe sa circule prin picioare, ajutand la cresterea fluxului circulatiei.

Mai intai trebuie sa-ti incalzești picioarele in apa calda si apoi sa bagi o pereche de sosete subtiri in apa rece. Stoarcele si pune-ti-le inainte de a merge la CITESTE IN CONTINUARE

Sursa: secretele.com

Cum îndepărtăm în mod Natural Papiloamele Cutanate

Un articol de Cristian Iacov

Papiloamele cutanate, în special cele mari, pot complica intr-adevar unele rutine zilnice simple, cum ar fi barbieritul sau chiar îmbracarea hainelor.

Aceste formațiuni nu reprezintă un pericol pentru sănătate și nu necesită tratament, însă uneori acestea pot provoca iritații sau disconfort, nelunăd în calcul și aspectul estetic care nu este deloc plăcut.

Aceste probleme sunt destul de frecvente, conform statisticilor Institutului National al Sănătății din CITESTE
IN CONTINUARE

Sursa: secretele.com

SCAPA DE MUCEGAI IN MOD NATURAL IN 5 MODURI SIMPLE FARA SA APELEZI LA CHIMICALE

Un articol de Calin Petru Barbulescu

Fie că este vorba de medii interioare sau exterioare, mușegaiul proliferă în condiții de umiditate și căldură. Deși se întâlnește cel mai des în baie sau în beciuri, acesta poate crește în orice mediu umed din casă.

Cazurile de imbolnaviri cauzate de mucegai sunt tot mai frecvente. Din pacate, multi oameni sufera de alergii la mucegai fara sa fie constienti de acest lucru. Simptomele pot varia de la blocaje nazale, dureri de cap, eruptii cutanate, oboseala, depresie si probleme de CITESTE IN CONTINUARE

Sursa: secretele.com

LEGO BLOCKS WILL HELP YOUR CHILD UNDERSTAND MATH EASILY! TRY THIS!

Every child just love to play with Lego. This toy helps in building their imagination, creativity, and logical thinking. It's fun not only for children, rather adults enjoy too playing Lego among with their kids. Exploring the best use of this toy, school teacher Alycia Zimmerman has come up with the great idea to teach children the basic math skills with Lego. Not only will it be fun for them in classroom or at home, rather it will be a source of logical learning too. Here are few seriously effective examples that teacher Alycia uses to teach her pupils.

1. Part vs. Total



via scholastic

2. Concept building of Fractions!



via scholastic



via scholastic

3. Learning square numbers!



via scholastic

4. Differentiation between mean, median, mode, and range.



via scholastic

Sursa: peacefulcentury.net

Un chec foarte sănătos din fructe uscate. Este superb și incredibil de delicios!



Un chec deosebit cu care veți impresiona nu doar pe cei dragi dar și pe oricine vă face o vizită. Este perfect atât pentru o

ceașcă de ceai servită seara în familie cât și pentru ocaziile speciale. Cuvintele sunt pur și simplu de prisos în cazul acestui chec, așa că vă îndrumăm cu drag spre ingredientele și pașii săi de preparare...

Ingrediente:

un amestec de 300-400 g de nuci și fructe uscate (caise, stafide, prune, afine, smochine, nuci)

2 ouă

6 linguri de zahăr brun

6 linguri de făină

1/2 linguriță de praf de copt

Mod de preparare:

Tăiați caisele și prunele în bucăți mai mici și amestecați-le cu nucile și cu celelalte fructe uscate.

Bateți ouăle și adăugați-le peste amestecul de fructe.

Adăugați făina, zahărul, praful de copt și amestecați bine.

Preîncălziți cuptorul la 180°C și dați checul la cuptor.

Coaceți aproximativ 45 de minute.

Checul este gata!

Vă dorim poftă bună dvs și prietenilor dvs!

Articol relatat de bucătăriata.com

Sursa: expunere.com

CHECK OUT THE NO-PHOTOSHOP

SECRET GUIDE TO LOOK PHOTOGENIC IN PICTURES

Everyone wants to look good, especially in the photos, and why not? It is everyone's right and requirement as well, to be looking good and attractive. For that one purpose, tools and a lot of them are designed, techniques are developed and everything has been done to crack the secret of looking good in pictures.

Just as they say, you are gorgeous just the way you are. 'Course you are, all you need is a little change in perspective (of the camera) and a few tweaks here and there to bring out the best of you. And like always, the best advice comes last.

Pay attention; no attention



Do not stand like a cadet, you got curves girl, flaunt 'em and if not then create them. Changing your standing posture can dramatically bring in hidden details. And never ever let those arms left hanging, I repeat, NEVER.

Bend everything that can be bent



That means your knees, ankle, arms, wrists and every other freaking joint. Bends introduce curves and dynamics of the anatomy to the picture. But too much, and you'll end up making awkward angles and poses.

Don't be full force over the camera



Standing straight towards the camera doesn't seem natural. While sideways, gives a caught-in-the-act (of being beautiful) kind of feeling which seems more natural. Apart from that, the width of our frame is reduced sideways which gives a more consistent and flowing figure.

A little testing before moving forward



Look how the curves and details are enhanced just by slight bends and slacking up the body a bit. Also, the sideways perspective really brings out details beautifully which would be hidden if square with the camera.

Tight and straight is defensive, little loose and slant is friendly



Slanting forward looks friendly and open while cross armed else it is but defensive in nature. Also, tucking your hands in is again not really friendly. Also, it reduces the visibility of double chin and/or excess fat bringing out curves and decreasing inconsistencies.

With your face in your hands, keep the fingers together



It'll bring in inconsistencies and ruin the details, which as such won't be enhanced by the fingers.

Don't foot strongly on the camera



Weight should be put on the foot behind, while the front foot should close in and bend to give you that easy carefree lean,

looking all relaxed. Combine it with tilting your face a bit too. It'll also add dynamics.

Another test before going further



All the basics combined with that beautiful smile, make up for the best of you in the photograph. Look how relaxed and natural the whole set up seems with just tweaking your stance.

Getting closer to the grounds



Similar measures need be taken as for the standing positions. Add to it a somewhat higher or not lower than your face.

When on something, don't sit with flat foot



Instead, extend your toes.

90 degrees is just not the right angle, especially not for legs



Either stretch a little forward or pull 'em back a little (recommended when very close to ground). Also, try twisting a little towards the camera instead of only the neck.

Finally, the best advise as promised, be yourself



Hire a good photographer, then play around, be naughty, laugh, enjoy and most importantly, smile and let the clicking be his problem; if he's good he'll get it all right. So ladies, be

happy and be beautiful. And share the secret with everyone around.

source

Sursa: peacefulcentury.net

Ai probleme cu varicele? Acesti doi pasi simpli te vor ajuta sa le rezolvi

Un articol de Maya

Exista multe cauze care stau in spatele aparitiei varicelor. De exemplu, miscarile si postura corpului, diferite miscari, etc, influenteaza circulatia. Toate aceste motive pot fi impartite in doua categorii, iar daca urmezi sfaturile indicate, vei rezolva problema.

Iata cum rezolvi problema!

Redu presiunea venelor

Fa exercitii in mod corect. Exista exercitii care nu sunt recomandate persoanelor cu varice din cauza impactului asupra picioarelor. Mai mult, impactele scurte blocheaza CITESTE IN
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Sursa: secretele.com