

## Quick Start Instructions

### Using *Ready, Set, Fly!* Online

*Ready, Set, Fly!* activities are organized into six areas, or domains, that match the sections of the Ansell-Casey Life Skills Assessment (ACLSA) and Life Skills Guidebook. Parents and youth can easily select the level of each activity, according to the youth's age, that will be most helpful to the youth's life skill growth. The difficulty of each activity is rated using the following scale:

<b>Level 1</b> is for youth ages 8-10 years
<b>Level 2</b> is for youth ages 11-14 years
<b>Level 3</b> is for youth ages 15-18 years
<b>Level 4</b> is for youth ages 19 and older

The activities in *Ready, Set, Fly!* can be accessed and printed from this web site. To do this, follow these steps:

- **Step 1:** Select and click on a domain from the list on the left side of the screen.
- **Step 2:** Select and click on a skill area from the list that appears beneath the domain.
- **Step 3:** Review the list of suggested activities that appear.
- **Step 4:** Print the page of activities. This is done by clicking on the "click here" link at the top of each skill area page. When the file opens, choose "print."

Repeat steps 1-4 for each skill area as need.

**Note:** The Adobe Acrobat Reader is needed to open the printable files. If you do not have the Acrobat Reader on your computer, it can be downloaded for free from Adobe's web site.

A complete copy of *Ready, Set, Fly!* (including all of the domains, skill areas, and activities) can be downloaded and printed for free from <http://www.caseylifeskills.org/rsf>.