



RECLAIM ONE SKILL

A Guide to the Lost Skills Revival

One of the most important parts of the Lost Skills Revival is simple:

Choose one skill. Start somewhere.

When you took the National Homesteaders Day Pledge, you committed to reclaiming one lost skill from the Seven Heritage Skills — not to master everything overnight, but to begin rebuilding resilience, wisdom, and connection one step at a time.

The Seven Heritage Skills were created to help people reconnect with practical knowledge, strengthen their homes, and help restore stronger communities for future generations.



THE SEVEN HERITAGE SKILLS

GROW

Producing and stewarding life from the land through gardening, animals, foraging, and food production.

PRESERVE

Protecting and extending the life of food, resources, and traditional knowledge through storage and preservation skills.

MAKE

Creating useful, nourishing, and handmade goods with your own hands for the home and community.

MEND

Repairing, restoring, and caring for what you already have instead of constantly replacing it.

BUILD

Constructing, shaping, fixing, and creating practical things with your hands — from tools to homestead infrastructure.

GATHER

Bringing people together to share knowledge, traditions, stories, skills, and experiences.

COMMUNITY

Building relationships, supporting one another, and creating resilient local networks rooted in trust and

shared responsibility.

WHAT COUNTS AS RECLAIMING A SKILL?

Reclaiming a skill does not require acreage, perfection, expensive equipment, or years of experience.

It can be:

- Baking your first loaf of bread
- Learning to sew on a button
- Growing herbs in a window
- Attending a workshop
- Starting a compost bucket
- Learning to can with a grandparent
- Joining a local homesteading group
- Repairing instead of replacing
- Teaching your child something practical
- Supporting a local farmer or maker

Every step matters.

NOT SURE WHERE TO START?

If you live in an apartment:

→ Try herbs, bread making, mending, or community gatherings.

If you love cooking:

→ Explore Make or Preserve.

If you enjoy working with your hands:

→ Start with Build or Mend.

If you love people and connection:

→ Explore Gather or Community.

If you want greater food independence:

→ Begin with Grow or Preserve.

There is no wrong place to begin.

HOW TO PARTICIPATE

1. Choose One Skill

Pick one skill that excites you, challenges you, or simply feels practical for your current season of life.

2. Explore the Categories

Each Heritage Skill category contains ideas, practices, and traditional skills to help you discover where to begin.

3. Start Small

You do not need land, expensive equipment, or years of experience to participate. Small steps still matter.

4. Learn & Practice

Watch, read, ask questions, attend classes, learn from neighbors, and practice consistently.

5. Share What You Learn

The Lost Skills Revival grows when knowledge is shared.

Share your journey, progress, projects, successes, and lessons using:

#ReclaimOneLostSkill

#OneSkillReclaimed

#NationalHomesteadersDay

6. Build Connection

This movement is about more than skills. It is about rebuilding homes, strengthening communities, and creating resilient networks of people who help one another thrive.

AS THE REVIVAL GROWS

As the Lost Skills Revival continues to grow, more tutorials, workshops, downloadable guides, classes, and how-to resources will continue to be added to support your journey.

If you are local to Southeast Iowa, connect with **Preppin Mama™ Homesteaders Hub** and follow us on social media for classes, gatherings, workshops, and hands-on opportunities connected to all Seven Heritage Skills.

You do not have to do everything.

You simply have to begin.

ONE SKILL.

**ONE HOUSEHOLD.
ONE COMMUNITY.
ONE REVIVAL.**

Gather • Equip • Sustain