PLAIN-ENGLISH SETUP GUIDE

OCTOBER 2026 · CLAUDE · CLAUDE CODE · AGENT SKILLS

3 CLAUDE SKILLS TO INSTALL FIRST

New to Claude? Skills teach it a specific job, the same way every time. This guide explains what a skill is, how to switch skills on in Claude.ai and Claude Code, the three to start with, and how to stay safe with skills other people publish.

01

Humanizer

Rewrites AI-sounding text so it reads like a person wrote it.

02

Document skills

Real Word docs, PDFs, slide decks and spreadsheets.

03

Skill Creator

Turns a job you repeat into your own skill, then tests it.

00 WHAT A SKILL IS

FOLDERS OF INSTRUCTIONS

Anthropic describes skills as "folders of instructions, scripts, and resources that Claude loads dynamically" for specialized tasks. Each one has a `SKILL.md` file with a name, a description of when to use it, and the steps. Claude only loads a skill when your request needs it.

SWITCH SKILLS ON

WHERE	HOW
Claude.ai (Free, Pro, Max)	Settings → Capabilities: turn on **Code execution and file creation** (called "Create and edit files" in the newer layout). Then Customize → Skills and toggle skills on.
Claude.ai (Team, Enterprise)	An admin enables "Skills" and code execution in Organization settings → Plugins & skills → Policy. Then Customize → Skills.
Upload a skill	Customize → Skills → **+** → Create skill → **Upload a skill** → choose the ZIP → toggle it on.
Claude Code	Install skills as plugins with `/plugin marketplace add` and `/plugin install` (commands on each page of this guide).

GOOD TO KNOW

- Skills work in Claude.ai, the desktop app, Claude Code and the API.
- You don't need to name a skill: describe the job and Claude picks the one that fits. You can also ask for it by name.

UPLOAD FAILING?

- The folder name must match the skill's name.
- It needs a `SKILL.md` file, and the ZIP must be under the size limit.

01 HUMANIZER

COMMUNITY SKILL · BLADER/HUMANIZER · MIT

Humanizer rewrites AI-written text so it sounds like a person wrote it, without changing what it says. It's built on Wikipedia's **Signs of AI writing** guide and checks for 26 patterns, from "not X but Y" lines to one-line closers like "Let that sink in."

INSTALL

- **Claude Code:**
  `/plugin marketplace add blader/humanizer`
  `/plugin install humanizer@humanizer`
- **Claude.ai / Desktop:** on the GitHub page, Code → Download ZIP, then upload it (page 2).

FIVE TELLS IT FIXES ON SIGHT

1. "It's not just X, it's Y."
2. One-line closers: "Let that sink in."
3. Sayings that sound deep.
4. A staged run-up: "Here's the thing."
5. Arguing with no one.

TRY THIS PROMPT

```
/humanizer

Here's a sample of my writing for voice matching:
[paste 2-3 paragraphs you wrote yourself]

Now humanize this text:
[paste the AI draft]
```

! Humanizer edits for **human readers**. Its own README says getting past AI detectors is not a goal, and **detectors still flag most of its output**. Use it to write better, not to hide AI use where it isn't allowed.

02 DOCUMENT SKILLS

BY ANTHROPIC · ANTHROPICS/SKILLS

These are the skills that power Claude's own file creation. With them, Claude makes real files you can open and edit, not just text in the chat.

DOCX
Word docs
reports, letters, proposals

PDF
PDFs
create, fill in forms, pull out text

PPTX
Slide decks
pitch decks, training slides

XLSX
Spreadsheets
budgets, trackers, tables

INSTALL

- **Claude.ai:** already available on paid plans. Make sure "Code execution and file creation" is on (page 2).
- **Claude Code:**
  `/plugin marketplace add anthropics/skills`
  `/plugin install document-skills@anthropic-agent-skills`

GOOD TO KNOW

- The four document skills are **source-available**, not open source: you can read them, but check the license before reusing their code.
- Anthropic's README says to test skills in your own setup before relying on them.

TRY THIS PROMPT

```
Use the xlsx skill. Make a monthly budget spreadsheet for my
[business] with columns for date, item, category and amount,
a total per category, and a chart of spending by category.
```

THEN TURN IT INTO A DECK

```
Use the pptx skill to make a 5-slide summary of this budget for
my team: one slide per category, plain language, big numbers.
```

03 SKILL CREATOR

BY ANTHROPIC · ANTHROPICS/SKILLS

Skill Creator helps you "create new skills, modify and improve existing skills, and measure skill performance." Describe a job you repeat, and it drafts the skill, writes test prompts, runs them, and improves the skill from the results.

INSTALL

- **Claude.ai:** Anthropic's example skills, Skill Creator among them, are available on paid plans (Customize → Skills).
- **Claude Code:**
  `/plugin marketplace add anthropics/skills`
  `/plugin install example-skills@anthropic-agent-skills`

HOW IT WORKS

1. It asks what the skill should do and when it should run.
2. It writes a draft `SKILL.md`.
3. It runs a few test prompts with the skill.
4. You review the results; it rewrites the skill.

TRY THIS PROMPT

```
Use the skill-creator skill. Every Monday I turn my meeting notes
into a client recap email with: what we did, what's next, and
what I need from them. Help me make a skill for this, then test it
on these notes: [paste last week's notes]
```

GOOD FIRST SKILLS TO MAKE

- Your brand voice: words you use, words you never use, a sample post.
- A weekly report in the same layout every time.
- Replies to your five most common customer questions.

BEFORE YOU INSTALL ANYONE'S SKILL

STAY SAFE

Anyone can publish a skill. Anthropic's help center says to install skills "only from trusted sources" and names prompt injection and data exfiltration (a skill sending your data somewhere) as the main risks.

1. **Check who made it**
   Prefer Anthropic's own skills and well-known, active GitHub projects. A colleague's skill still deserves a look.
2. **Read the SKILL.md**
   It's plain text. If you don't understand what it tells Claude to do, ask Claude to explain it before you install.
3. **Watch for scripts and web calls**
   Be careful with bundled code, and with instructions that tell Claude to connect to outside websites or servers.
4. **Start small**
   Turn on one skill at a time and test it on something that doesn't matter.
5. **Keep humans in charge**
   Humanizer won't make AI text undetectable, and document skills can still make mistakes. Read before you send.

ASK CLAUDE BEFORE INSTALLING

```
Here is a skill's SKILL.md: [paste it]. In plain English, what does
it tell you to do? Does it run code, contact any website, or touch
my files? Anything I should worry about before turning it on?
```

CUT THROUGH THE AI NOISE

Skills change quickly. Commands and menus are from each project's page on October 27, 2026: check them for the latest.

news.aistacksignal.com/starter-skills

SOURCES (CHECKED OCT 27, 2026)

Humanizer README: github.com/blader/humanizer
Anthropic skills repo: github.com/anthropics/skills
Skill Creator: anthropics/skills/skills/skill-creator
Using skills in Claude: support.claude.com
Wikipedia, Signs of AI writing: en.wikipedia.org

AI Stack Signal is not affiliated with Anthropic or the Humanizer project. Example prompts are suggestions; results vary. Install third-party skills at your own risk.