

ABILITIES

I CAN..... (what applies to you?)

use public transport		learn new skills		work well under pressure	
paint (art)		sketch (art)		design your own clothes	
make own clothes		know a foreign language		use a mobile phone	
write a good letter		easily spot errors		use a camera	
study independently		print photographs		use technology	
cook a simple meal		follow stocks and shares		give a short public speech	
train dogs		ride a horse		row a boat	
swim		sing well		play a musical instrument	
play sports		use a multi-gym		plan and organise	
care for elderly		comfort unwell children		comfort unwell adults	
administer first aid		care for animals		grow vegetables	
repair a car/bike		decorate a room		make things	
garden		make a phone call		ask for help	