



Name.....




Activity sheet 1a(i)



Words that describe me



From the list below, circle the 10 words or phrases that describe you best



Writer  Aware of my feelings  Good at explaining 




Caring  Environmentally friendly  Outdoors Person  Practical 




Sense of rhythm  Good with my hands  Planner  Musical  Singer 



Artistic  Learn by trying things out  Good sense of direction 


Good with words  In Control  Friendly 

Adventurous  Team player  Mathematical 

Enjoy reading  Notice sounds around me  Problem Solver  Sporty 

Remember things in pictures  Creative  Like things in order 









Thoughtful  Enjoy being by myself  Good with animals 

Like to be part of a group 

Name.....

Activity sheet 1a(ii)

My Skills Profile

Did you tick?	Then you are	Which means you
Artistic <input type="checkbox"/> Creative <input type="checkbox"/> Good sense of direction <input type="checkbox"/> Remembers things in pictures <input type="checkbox"/> Total	Picture Smart 	See things clearly in your mind. Use pictures to get ideas across. Can imagine what something would look like.
Like things in order <input type="checkbox"/> Mathematical <input type="checkbox"/> Planner <input type="checkbox"/> Problem Solver <input type="checkbox"/> Total	Logic Smart 	Like to put things in order. Have a logical mind. Plan things carefully. Need things to make sense.
Musical <input type="checkbox"/> Notice sounds around me <input type="checkbox"/> Sense of rhythm <input type="checkbox"/> Singer <input type="checkbox"/> Total	Sound Smart 	Work out patterns in sounds. Play with sounds, compose songs, sing or play instruments. Listen to music when working and to feel good.
Adventurous <input type="checkbox"/> Environmentally friendly <input type="checkbox"/> Good with animals <input type="checkbox"/> Outdoors Person <input type="checkbox"/> Total	Nature Smart 	Enjoy being outdoors and feel comfortable there. Interested in animals, plants and trees. Think about issues that affect the planet, such as pollution.
Caring <input type="checkbox"/> Friendly <input type="checkbox"/> Like to be part of a group <input type="checkbox"/> Team player <input type="checkbox"/> Total	People Smart 	Enjoy contact with people. Good with others. Understand and notice other people's feelings. Good communicator and team member.
Aware of my feelings <input type="checkbox"/> Enjoy being by myself <input type="checkbox"/> In Control <input type="checkbox"/> Thoughtful <input type="checkbox"/> Total	Self Smart 	Enjoy quiet thinking time alone. Understand your own reasons for doing things. Like to daydream about new ideas. Think about your own feelings and thoughts.
Good with my hands <input type="checkbox"/> Learn by trying things out <input type="checkbox"/> Practical <input type="checkbox"/> Sporty <input type="checkbox"/> Total	Body Smart 	Learn best by doing. Like to use your hands. Good balance while running, walking and doing sport. Hobbies involve being active.
Enjoy reading <input type="checkbox"/> Good at explaining <input type="checkbox"/> Good with words <input type="checkbox"/> Writer <input type="checkbox"/> Total	Word Smart 	Good at explaining things. Like writing and reading. Like word games and new words. Speak or write well.