

Smile

We count

Resources



The Musicians

People who like playing, composing or simply being around music



The Actives

People who enjoy anything to do with sport and leisure



The Handy-andies

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things



The Creatives

People who love arts, words, language, being creative, innovating and using their imagination



The Thinkers

People who like to reflect, think, philosophise and make plans about themselves and others



The Communicators

People who love relating to others including selling, motivating, educating, teaching, and negotiating



The Suits

People who love being in the world of commerce and business



The Carers

People who like to help, cure or support others



The Greenies

People who love nature, animals, the outdoors and/or caring for the environment



The Mathematicians

People who love numbers, science and logic

We are all good at different things. We can celebrate this and look for opportunities to share these with others who may have different skills to us.



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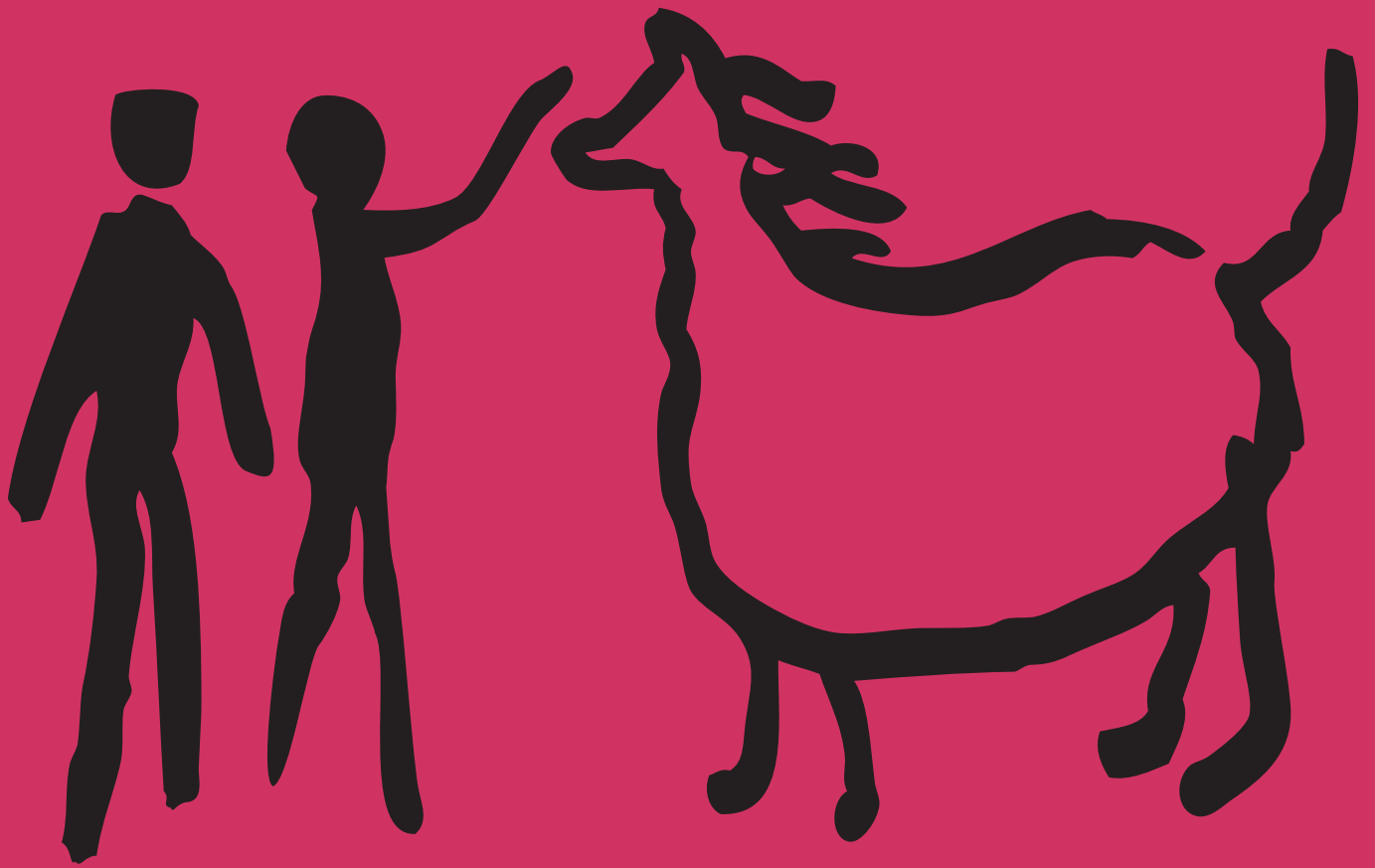
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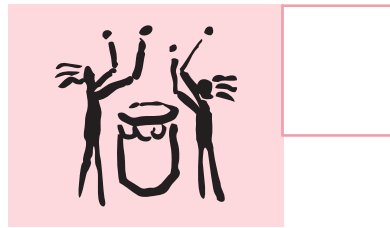


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People who love
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Me and my skills...

Tick the skills you feel you love and are good at, starting with your favourite three groups.



The Musicians

People who like playing, composing or simply being around music

- Performing
- Collaborating
- Practicing
- Recording
- Producing
- Improvising
- Orchestrating
- Composing
- Singing
- Entertaining



The Actives

People who enjoy anything to do with sport and leisure

- Exercising
- Exploring
- Well-being
- Sporting
- Adventuring
- Playing
- Dancing
- Organising
- Engaging
- Travelling



The Handy-Andies

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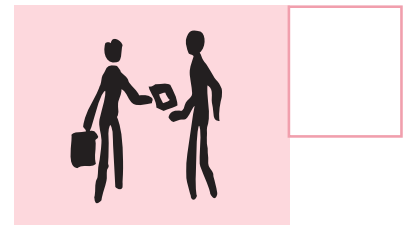
- Building
- Repairing
- Making
- Crafting
- Administrating
- Cooking
- Cleaning
- Painting
- Tending
- Maintaining



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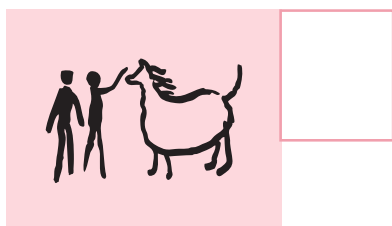
- Inventing
- Creating
- Imagining
- Designing
- Changing
- Developing
- Connecting
- Drawing
- Visioning
- Writing



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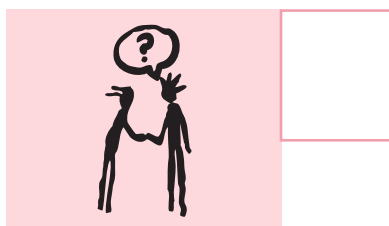
- Selling
- Persuading
- Fundraising
- Marketing
- Enterprising
- Leading
- Initiating
- Championing
- Promoting
- Risk-taking



The Greenies

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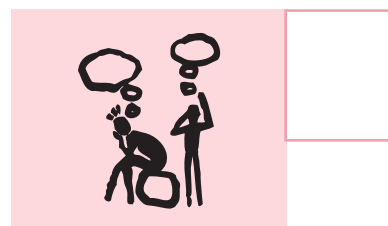
- Protecting
- Preserving
- Salvaging
- Planting
- Conserving
- Growing
- Regenerating
- Re-cycling
- Tidying
- Saving



The Communicators

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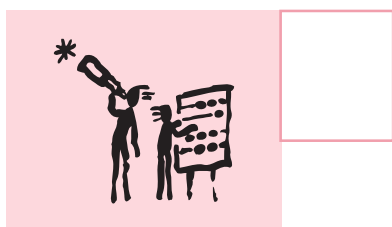
- Communicating
- Team working
- Teaching
- Presenting
- Listening
- Motivating
- Inspiring
- Managing
- Liaising
- Educating



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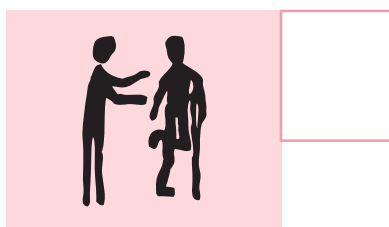
- Reflecting
- Thinking
- Planning
- Learning
- Reviewing
- Researching
- Processing
- Reading
- Philosophising
- Observing



The Mathematicians

People who love numbers, science and logic

- Accounting
- Evaluating
- Solving
- Analysing
- Forecasting
- Appraising
- Budgeting
- Financing
- Computing
- Systematising



The Carers

People who like to help, cure or support others

- Helping
- Caring
- Sharing
- Supporting
- Understanding
- Mentoring
- Empowering
- Befriending
- Loving
- Assisting

To be employed is to be at risk. To be employable is to be secure. Highlight additional skills you need to develop further to stay employable in the future.

Giving in a meaningful way

The suits

Help them to work out how to use their mobile phone and keep in touch with others

The handy andies

Make a bird feeder to put in an elderly person's garden

The musicians

Beg, borrow and buy old instruments and put on a show

The greenies

Pot up some flowers for them to have in their home or work in the gardens at a nursing home

The communicators

Call in and have a chat with them perhaps using the local paper to talk about what is happening locally

The creatives

Read with them or spend some time painting and drawing with those who are interested

The mathematicians

Teach them basic computer skills

The carers

Sit down for a coffee and take the time to listen to their stories

The actives

Set up a wii fitness session and show them how to do it by joining in

Giving to the elderly in a meaningful and creative way

The thinkers

Spend some time with teachers at school and your local old people's home, thinking about all the ways that you can make stronger links and connections between the two