

Activity	What can/ can't you do? How often do you do that? Always- 100% Usually:80% Sometimes: 50% Rarely: 20% Never:0%	What could/ couldn't you do when you were in elementary school? How frequently did she do that? Always- 100% Usually:80% Sometimes: 50% Rarely: 20% Never:0%
1. Iron the clothes	Example: Juanita can iron clothes. She sometimes irons clothes	Example: Juanita couldn't iron clothes. She never ironed her clothes.
2. Do the dishes		
3. Cook		
4. Wash the car		
5. Clean my room		
6. Feed stray animals		
7. Donate blood		
8. Clean your city		
9. Plant trees		
10. Help others		