

Writing: my feelings and what I can do

A short profile can describe both feelings and abilities. Use *be* to say how you feel and *can* to say what you are able to do. Write a connected paragraph rather than unrelated answers to a worksheet.

Anglais 1AC - Supplementary practice - Updated 27/10/2026

Learning goals

- Choose one situation for your profile
- Keep feelings and abilities in different patterns
- Make a contrast sound natural

1. How do I write about my feelings and what I can do?

Choose a situation, describe your feeling with *be*, then give an ability with *can*. Add a contrast with *but* if useful: I am excited. I can ride a bike, but I cannot skate yet. Connect the ideas instead of listing unrelated answers.



Use *be* for feelings and *can* for abilities.

2. Choose one situation for your profile

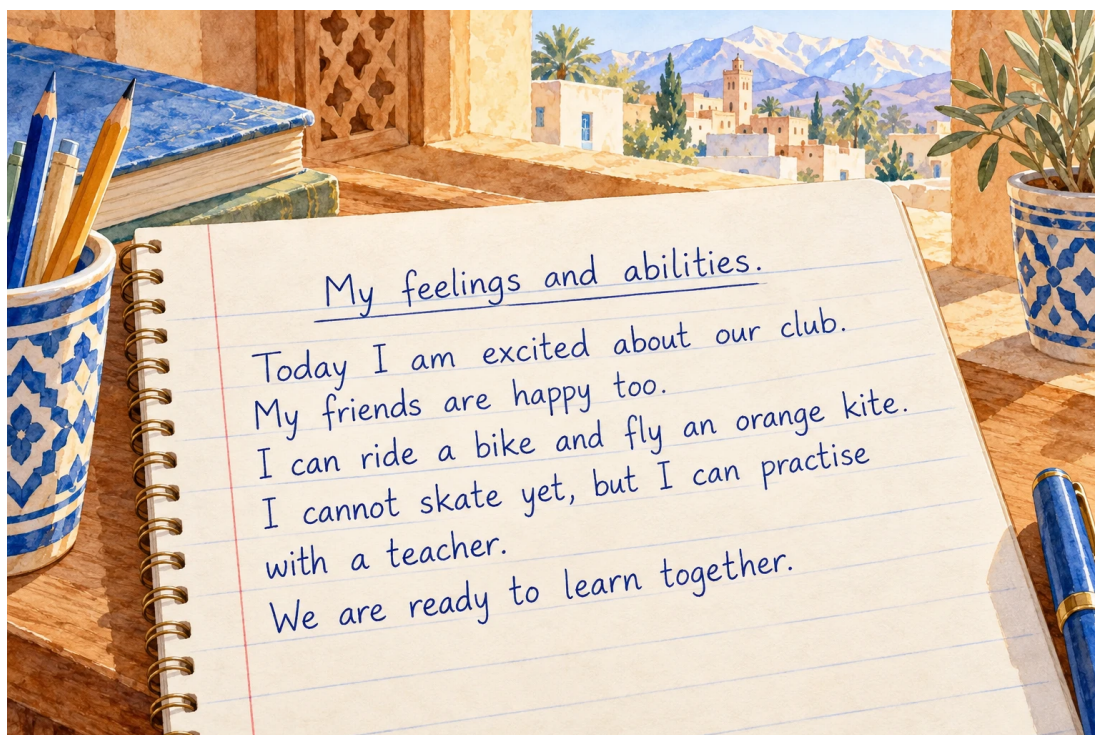
Write *I'm happy* or *I am happy* for a feeling. Write *I can skate* for an ability. *Can't* means *cannot*. An apostrophe marks missing letters in *I'm*, *we're*, *they're* and *can't*. Use *a/an* before a singular countable noun: a bike, an orange kite.

Choose a situation first, such as an afternoon club. Explain the feeling in that situation, then describe two abilities and one thing you are still learning. And joins similar ideas; *but* introduces a contrast. Keep a positive short answer in its full form: *Yes, I can* or *Yes, I am*.

3. Keep feelings and abilities in different patterns

Idea	Sentence	Pattern
Feeling	I'm excited.	be + adjective
Ability	I can ride a bike.	can + base verb
Contrast	I can swim, but I can't skate.	but connects different abilities

4. A complete club-member writing model



A complete original writing example. Read the same text below, then write your own version.

A complete original writing model

Today I am excited about our club. My friends are happy too. I can ride a bike and fly an orange kite. I cannot skate yet, but I can practise with a teacher. We are ready to learn together.

5. Make a contrast sound natural

The word yet can make a useful difference: I can't skate yet says that the skill is still developing. It does not promise a result or make a judgement about the learner. A short profile becomes more coherent when all its sentences belong to the same situation, such as joining a club. Describe how you feel about it, say what you can already do and name one thing to practise. And adds a similar idea; but introduces a contrast.



Link ideas with and or but.

Check this

Use respectful, personal descriptions. You may invent a character if you prefer. Do not add an s after can, even when you write about she or he.

Put the idea into practice

1. Choose a real or invented club member and one situation.
2. Write a feeling, two abilities and one useful contrast.
3. Check be before adjectives and a base verb after can or can't.

Remember

- Use be for feelings and can for abilities.
- Check the apostrophes in short forms.
- Link ideas with and or but.

Practice - Try before checking

Answer in your notebook. Use evidence from the examples and check your sentences.

Exercise 1. Expand contractions

Write the full forms of I'm, they're and can't.

Exercise 2. Edit a profile

Correct: She can rides a bike. They happy. I have a orange kite.

Exercise 3. Write a profile

Write five sentences about a club member's feelings and abilities.

Exercise 4. Write a profile from notes

Use: Rami / happy about club / swim / ride bike / not skate yet.

Explained answers

Exercise 1. Expand contractions

I am; they are; cannot. Cannot is normally written as one word.

Exercise 2. Edit a profile

She can ride a bike. They are happy. I have an orange kite. Check the base verb, be and the vowel sound.

Exercise 3. Write a profile

Example: Aya is happy. She can swim. She can ride a bike. She can't skate yet. She is ready to learn. Your details may differ; include both be and can.

Exercise 4. Write a profile from notes

Example: Rami is happy about the club. He can swim and ride a bike. He can't skate yet. He is ready to practise. Is describes a feeling; can takes swim, ride and skate without s.

Frequently asked questions

How do I write about my feelings and what I can do?

Choose a situation, describe your feeling with be, then give an ability with can. Add a contrast with but if useful: I am excited. I can ride a bike, but I cannot skate yet. Connect the ideas instead of listing unrelated answers.

Can I use full forms instead of contractions in my writing?

Yes. I am and I'm have the same basic meaning here, and cannot can replace can't. Use accurate forms and keep apostrophes when you choose contractions.

Can I use full forms in my writing?

Yes. I am happy and I'm happy have the same basic meaning. Use contractions consistently and keep the apostrophes.



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