

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 3

Ball toss

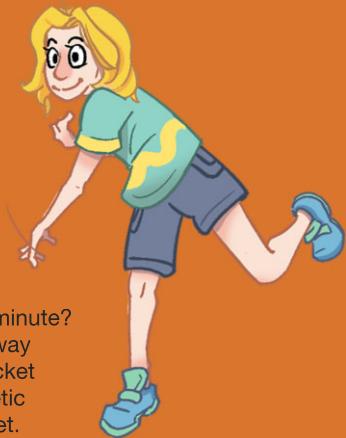
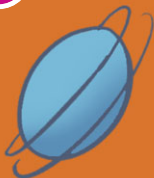
Test your hand-eye coordination with a fun ball toss challenge!

Option 1: Using your remaining hand/s or prosthetic hand, toss a ball against a wall and catch it.

How many catches can you get in 1 minute?

Option 2: Place a bucket 2 meters away from you. Try tossing a ball into a bucket

Option 3: Try using your foot/prosthetic foot to aim and toss a ball into a target.



Adaptations:

Upper Limb Difference:

Use your prosthetic or remaining hand for tossing the ball. If needed, a longer or more flexible object (like a spoon) can assist in tossing the ball.

Lower Limb Difference: Use your dominant or non-dominant hand for tossing the ball.

This challenge helps improve coordination and control. Make it a game with family or friends for extra fun!

If you can't complete these activities, contact us for adaptations.

www.limbpower.com