

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 5

Kick or hit

Option 1: Use a wooden spoon or spatula to hit a ball or rolled-up socks into a bucket. How many hits can you make in 1 minute?

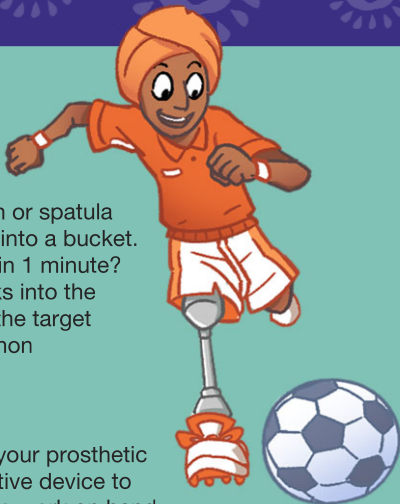
Option 2: Kick the ball or socks into the target. For a challenge, move the target further away or try using your non dominant side.

Adaptations:

Upper Limb Difference: Use your prosthetic hand, remaining hand or adaptive device to assist with hitting. You can also work on hand precision by varying ball sizes or distances.

Lower Limb Difference: For children with lower limb differences, use your prosthetic leg or foot to kick the ball. Adjust the target's distance to suit ability levels.

This activity helps improve coordination, leg strength, and precision!



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

www.limbpower.com