

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 8

Mental 5-a-day

We know we should eat 5 portions of fruit and vegetables every day. But did you know a mental 5-a-day can make you feel just as good?

Do 5 activities that make you happy today!

Adaptations:

Upper Limb Difference:

Choose activities that focus on mental stimulation, like reading or dancing that gets you moving.

Lower Limb Difference:

Consider standing activities like playing football with friends or seated activities like chatting



with friends, drawing or painting which doesn't require much physical effort.

This challenge promotes mental well-being, creativity and joy!

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

www.limbpower.com