

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 9

Sitting Volleyball

Did you know sitting volleyball is in the Paralympic Games? Your challenge is to keep a balloon, beach ball or rolled-up socks in the air without letting it touch the floor!

Adaptations:

Upper Limb Difference:

Use your remaining hand or prosthetic to tap the balloon into the air. Modify the game by using softer objects that are easier to hit.

Lower Limb Difference:

Complete this standing or seated, using your sound limb or prosthetic/s for extra support. Alternatively, play



using a wheelchair for a different dynamic.

This is a fun activity to build coordination and teamwork! Play with siblings/friends and make the game for two or more.

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

www.limbpower.com