

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 10

Clean your room

Physical activity doesn't always mean sport! For today's challenge, can you clean your room and see how much energy you can burn. You might be surprised how active you get!

Adaptations:

Upper Limb Difference:

Use adaptive cleaning tools like one-handed dusters, extendable grabbers, or prosthetics for sweeping or wiping.

Lower Limb Difference:

complete the task standing or seated from a wheelchair,



if standing is difficult, adjust the cleaning positions to make the task more comfortable.

Cleaning can be fun and is a great way to move around!

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

www.limbpower.com