

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 18

Physical activity should be fun!

Can you think of 5 activities that get you active and out of breath? They could be anything that gets you moving and smiling!

Adaptations:

Upper Limb Difference:

Choose activities that use your remaining hand or prosthetic hand. Consider adapted sports like sitting volleyball or swimming.

Lower Limb Difference:

Focus on upper-body activities, or complete exercises from a standing or seated position.

This challenge emphasizes fun and movement for all abilities!



www.limbpower.com

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