

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 20

Be brave!

It's okay not to be the best at everything – even the greatest sports stars in the world started in their school playground or on their local park!

Your challenge is to try something new and give it your best effort. You're doing great!

Adaptations:

Upper Limb Difference:

Adapt the activity to your needs and focus on your strengths. Don't hesitate to try different methods to perform tasks.

Lower Limb Difference:

Focus on your upper body or engage in seated activities.



Remember, bravery is about trying your best, not being perfect!

This challenge is all about courage and self-confidence!

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

www.limbpower.com