

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 22

Be POSITIVE

Think about three things you're proud of today.

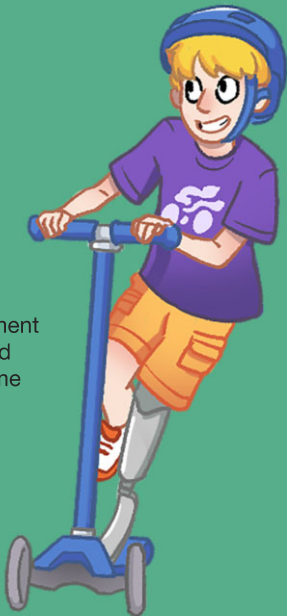
Focus on your strengths and celebrate all the awesome things about YOU!

Adaptations:

Upper Limb Difference: Take a moment to appreciate your ability to adapt and succeed with the challenges that come your way.

Lower Limb Difference: Reflect on your accomplishments, whether they involve mobility, independence, or your unique strengths.

This challenge fosters a positive mindset and self-esteem!



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

www.limbpower.com