

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 23

Every big journey starts with a little step!

Big goals can seem scary but remember: every journey begins with a single step. Keep moving forward and celebrate each little achievement along the way!

Adaptations:

Upper Limb Difference: Focus on a big goal you want to achieve and work out the first step whether it's in sports or personal goals, and take pride in each movement you make.

Lower Limb Difference: Focus on a big goal you want to achieve and work out the first step whether it's in sport or personal goals, and take pride in each step you take.

Take steps towards reaching your goals at your own pace, adjusting as needed.

*Every achievement, no matter how small,
brings you closer to your dreams!*



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

www.limbpower.com