

# Activity Card

for Limb Different Children

**Limb  
POWER**  
*Living life without limbs*

## Challenge 31

### Choose Your Own Adventure Obstacle Challenge

Set up an obstacle course with items like hula hoops, boxes, and scarves! Navigate through, over, under, or around the obstacles using walking, pushing, or crawling. Challenge Yourself by balancing an item (e.g., bean bag) on a body part, prosthetic or wheelchair as you navigate the course. You can also toss and catching the item with a sibling or friend.



#### Adaptations:

##### Upper Limb Difference:

Use your prosthetic or remaining hand for holding objects or modify the course to avoid using hand/s for certain challenges.

**Lower Limb Difference:** Adjust

the course for prosthetic and wheelchair users. Try navigating through the course while seated or rolling for added fun.

*This challenge is a creative and fun way to be active while problem-solving!*

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

[www.limbpower.com](http://www.limbpower.com)