

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 1

Stand on one leg – static balance

Challenge your balance while making it fun! Stand on one leg while brushing your teeth or moving around. Can you hop on the spot or step sideways, or imitate an animal like a crocodile or lion?

Adaptations:

Upper Limb Difference:

Try using a chair or wall for balance support if needed.

Lower Limb Difference:

Use your prosthetic/s or rely on your other leg.

Try seated balance exercises if standing is difficult.



Remember, every small effort helps improve balance and movement.

Enjoy experimenting with creative ways to balance!

This activity is adapted for children with limb differences to build strength and coordination.

www.limbpower.com

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