

# Activity Card

for Limb Different Children

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

## Challenge 7

### Kitchen curling

Wheelchair curling is a Paralympic Sport. Recreate wheelchair curling in your kitchen by rolling full tins (beans or similar) towards a target (piece of paper). How close can you get to the target?

#### Adaptations:

##### Upper Limb Difference:

Use your remaining hand or prosthetic to roll the tin toward the target.

##### Lower Limb Difference:

If standing, remember to keep your knees soft and your core strong. If seated, try curling from a wheelchair or chair, ensuring the target is at a reachable distance.



*This challenge builds arm strength and precision – plus, it's fun for everyone!*

Play with siblings/friends and take it in turns to roll a tin towards the target and see who can get the most points and win the game.

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

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