

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 15

Mini-Golf Madness

Create a mini-golf course in your house!

Action 1: Tape a path on the floor, place a cup or bowl as the hole, and see if you can get the ball in with a spoon or makeshift club (broomstick or carboard tube).

Action 2: Try adding obstacles like pillows and toys for extra fun! You can use your hand or a wooden spoon as your golf club and rolled up socks as a ball.

Adaptations:

Upper Limb Difference:

Use your prosthetic or remaining hand to hold the club. For added challenge, try balancing an item on your lap while golfing.

Lower Limb Difference:

Play standing, seated or from a wheelchair. Modify the course

to ensure its accessible and fun for all participants.

Enjoy creating your own golfing adventure!



www.limbpower.com

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