

# Activity Card

for Limb Different Children

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

## Challenge 17

### Balance Beam Gymnastics

Create a balance beam in your living room using a rolled-up towel or tape! Create a line on the floor to be your balance beam.

Walk, hop, crawl or scoot across it, and see how long you can balance without falling off.

#### Adaptations:

##### Upper Limb Difference:

Use a chair, wall, or support to help you balance. For added challenge, try balancing while holding a small object.

##### Lower Limb Difference:

Try the balance beam standing, seated or in a wheelchair.



You can balance with your arms or legs, depending on your abilities.

*This is a great way to improve your balance and coordination!*

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

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