

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 19

Everybody dance NOW!

Physical activity does not necessarily have to involve winning at something, or even being the best at something. Choose your favourite song, make up a dance routine, and get your family involved! Who knows, you might become an internet sensation!

Adaptations:

Upper Limb Difference:

Use your remaining hand or prosthetic to help with dance moves. Try to focus on fluid arm movements that feel comfortable.

Lower Limb Difference:

Dance standing seated or use a wheelchair for mobility.



Create seated dance moves for a fun challenge.

Dancing is a great way to get active and express yourself!

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

www.limbpower.com