

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 24

Kindness challenge

It's time to spread joy and positivity by performing a random act of kindness, to a friend, family member or teacher!

Adaptations:

Upper Limb Difference: For children with upper limb differences, use adaptive tools to create cards or gifts. You can also express kindness through words or gestures.

Lower Limb Difference: You can perform acts of kindness while standing, seated or in a wheelchair. Offering help or kind words is a wonderful way to make someone's day!

This activity fosters empathy and positive interactions with others.



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

www.limbpower.com