

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 25

Active travel

Instead of taking the car, try walking, wheeling, pushing, riding, or scooting to school today. If you can't walk or push the whole way, try parking further away and enjoying extra time outdoors.

Adaptations:

Upper Limb Difference: Use remaining hand or prosthetic to help you balance when walking or cycling or hold onto an adult for support if needed.

Lower Limb Difference: If walking isn't possible, use a wheelchair or scooter for mobility. If accessible, try wheeling for a certain distance to build strength.

This challenge promotes outdoor activity and physical well-being.



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

www.limbpower.com