

# Activity Card

for Limb Different Children

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

## Challenge 27

### Get off the Sofa — Pool Edition!

Make your pool time more active with these challenges. Focus on smooth movements, and challenge yourself to swim further or do more repetitions.

**Option 1:** Hold the pool wall or kickboard and do 30 kicks (start with 10 if needed).

**Option 2:** Practice 30 front crawl or backstroke strokes, imagining your "ghost arm" if missing one.

**Option 3:** Swim and touch as many pool tiles or objects as possible in one lap.

#### Adaptations:

**Upper Limb Difference:** If you're missing a hand, use your prosthetic or remaining arm for swimming strokes or use a float.

**Lower Limb Difference:** If swimming, use a pull buoy to keep your lower body from sinking or focus on arm movements.

**Flotation Aids:** Use kickboards, pull buoys, or fins to assist with movements or staying afloat.

Modify the challenges based on comfort and ability.

*This is a fun way to stay active and enjoy the water!*



[www.limbpower.com](http://www.limbpower.com)

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