

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 30

Airplane, Tree, Warrior – Pose!

Get moving with this fun and active balance game

Action 1: Practice balance poses like airplane, tree, and warrior pose. Use a chair or sideboard for support if needed.

Action 2: Challenge yourself to hold the poses longer or make it a fun game with friends! Be safe!

Adaptations:

Upper Limb Difference:

Use a wall or chair for support, especially when performing poses that require arm balance. Modifying the poses or using adaptive equipment can help maintain stability.

This activity enhances balance, flexibility and concentration!

Lower Limb Difference:

Perform the poses standing, seated or use a wheelchair for support. Adapt the activity to focus on upper body balance or do poses with assistance.



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

www.limbpower.com