

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 16

Alphabet challenge

Challenge yourself to find an object around your house for each letter of the alphabet. How many can you find? Time yourself and see if you can beat your family's record!

Adaptations:

Upper Limb Difference: Use your remaining hand or prosthetic hand to grab items. Modify challenges to include finding items that require minimal physical effort.

Lower Limb Difference: Perform the challenge standing, seated or from a wheelchair. Focus on speed and creativity!

This activity encourages exploration and problem-solving in a fun, physical way!



www.limbpower.com

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