

# Exercise, Health and Wellbeing Resources

## LimbPower Resources for children with an amputation or limb impairment

### 2020



Category	Media	Resource Title	Link to Resource <i>(click to open)</i>	Video Links	Notes
<b>Limb Centre</b>	Factsheet	Children's Top Tips – For visiting the Limb Centre Page 1	<a href="https://tinyurl.com/yxhnqcnj">https://tinyurl.com/yxhnqcnj</a>		Infographic
	Factsheet	Children's Top Tips – For visiting the Limb Centre Page 2	<a href="https://tinyurl.com/yxhnqcnj">https://tinyurl.com/yxhnqcnj</a>		Infographic
	Factsheet	Children's Top Tips – Limb Care and Hygiene	<a href="https://tinyurl.com/y3hcjngu">https://tinyurl.com/y3hcjngu</a>		Infographic
<b>Virtual Games</b>	Factsheet	Pot the ball	<a href="https://tinyurl.com/y3oaykzc">https://tinyurl.com/y3oaykzc</a>	<a href="https://youtu.be/jEo0EAWYaYs">https://youtu.be/jEo0EAWYaYs</a>	Video also available
	Factsheet	Get it in the box	<a href="https://tinyurl.com/y2ey2sre">https://tinyurl.com/y2ey2sre</a>	<a href="https://youtube.com/0IcPtcPEfyA">https://youtube.com/0IcPtcPEfyA</a>	Video also available
	Factsheet	Ball Recovery	<a href="https://tinyurl.com/y4vka62f">https://tinyurl.com/y4vka62f</a>	<a href="https://youtube.com/Giv9TRBGWUW">https://youtube.com/Giv9TRBGWUW</a>	Video also available
	Factsheet	Sitting Down grab	<a href="https://tinyurl.com/y2pdex8q">https://tinyurl.com/y2pdex8q</a>	<a href="https://youtu.be/UfDhOhrGYdA">https://youtu.be/UfDhOhrGYdA</a>	Video also available
	Factsheet	Clockwork Fun	<a href="https://tinyurl.com/y2tlqyds">https://tinyurl.com/y2tlqyds</a>	<a href="https://youtube.com/PZZWZpVIB3g">https://youtube.com/PZZWZpVIB3g</a>	Video also available
<b>Exercise</b>	Video	Adaptive Fitness Fun Session 1		<a href="https://youtu.be/0jNTxX_FK5c">https://youtu.be/0jNTxX_FK5c</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 2		<a href="https://youtu.be/j0WplLFH0w0">https://youtu.be/j0WplLFH0w0</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 3		<a href="https://youtu.be/qgaDxgnYNt4">https://youtu.be/qgaDxgnYNt4</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 4		<a href="https://youtu.be/8JCHeodNf3w">https://youtu.be/8JCHeodNf3w</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 5		<a href="https://youtu.be/iZGb20Ag8wA">https://youtu.be/iZGb20Ag8wA</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 6		<a href="https://youtu.be/Km2OKZYe1WE">https://youtu.be/Km2OKZYe1WE</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 7		<a href="https://youtu.be/xjllaalqTlo">https://youtu.be/xjllaalqTlo</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 8		<a href="https://youtu.be/gaOBkNs_-e4">https://youtu.be/gaOBkNs_-e4</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 9		<a href="https://youtu.be/OXto4CyR-Ac">https://youtu.be/OXto4CyR-Ac</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 10		<a href="https://youtu.be/4loJZoLfbnQ">https://youtu.be/4loJZoLfbnQ</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 11		<a href="https://youtu.be/1nQuOZtCUlo">https://youtu.be/1nQuOZtCUlo</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 12		<a href="https://youtu.be/GwhVpj1prj4">https://youtu.be/GwhVpj1prj4</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 13		<a href="https://youtu.be/fIJ0QCS_VQY">https://youtu.be/fIJ0QCS_VQY</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 14		<a href="https://youtu.be/CNW_0ttaikl">https://youtu.be/CNW_0ttaikl</a>	Exercises for children
	Video	Adaptive Fitness Fun Session 15		<a href="https://youtu.be/swGNV8hDFt4">https://youtu.be/swGNV8hDFt4</a>	Exercises for children