



## **LEGO Therapy**

LEGO Therapy sessions 'Brick club' are usually 15 minutes to 1 hour long.

In the session children build LEGO models in groups of 2 or 3, with adult help.

There are 3 main roles:

- Supplier
- Engineer
- Builder

One child finds the bricks (the 'supplier'), another has the instructions (the 'engineer') and a third child puts the model together (the 'builder').

The children decide the roles that they are going to be, the children sort out the problem together.

Children take it in turns to play the different roles. Other activities include building models more creatively, without instructions in pairs or small groups.

The adult running the group prompts children to solve any social difficulties that might arise.

If there is a problem (e.g. if one child snatches a brick), everyone stops building, sorts out the problem together, and practices an alternative strategy (e.g. asking for the brick first).

Children work through the instructions to complete the LEGO model. As sessions progress children could work towards building their own creations.

At the end of the session children can decide what to do with their model, whether this be to keep it in a special place, take a photo of the model and then take it apart together. The children need to work together to decide.

## **What skills are practiced in 'Brick Club?'**

Lego therapy develops social interaction skills such as turn taking, collaborative working, social problem solving, joint focus and communication.