

## LEGO Therapy

LEGO Therapy involves building LEGO models in small groups or pairs where the children take on different roles and work together. The children are encouraged to practice turn taking, sharing, joint problem solving and general social communication skills.

Children would take on one of the following roles;

- Engineer – this child has the set of directions and initially has to request the bricks required from the supplier and then direct the builder to make the finished product.
- Supplier – has the LEGO bricks and supplies the engineer with the required items on request.
- Builder – is given the set of bricks and follows the instructions of the engineer in order to create the product.

LEGO Therapy sessions last for between 20-30 minutes and would be delivered once weekly.

There are LEGO Therapy rules including

Build things together

- If you break it you have to fix it or ask for help to fix it
- If someone else is using it don't take it ask first
- Use indoor voices no shouting
- Keep hands and feet to yourself
- Use polite words
- Clean up and put things back where they came from
- Do not put LEGO in your mouth

LEGO Therapy has been systematically evaluated in research studies, with each study showing that using LEGO increased group interaction and communication with peers, increased self-initiated social contact and the duration of social interaction and improved social competence in general.

LEGO Therapy lends itself to the following activities

- Photographic and actual models for display and evidence
- Development of co-operative play skills during reward times/free play session

