



## What is Lego Therapy?

Lego Therapy is an evidence-based approach to developing social communication and play skills using LEGO.

It involves building LEGO models in small groups of 3. Within the group, children have the opportunity to take on different roles and work together. Children are encouraged to practice turn-taking, joint problem-solving and general social communication skills.

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## Lego Therapy Information Leaflet for Parents





### **Why has your child been offered this opportunity?**

Lego Therapy helps children and young people who would benefit from opportunities to further develop their social communication skills. It can also support young people to gain a stronger sense of belonging within school.

Research by Daniel le Goff and a replication study completed at Cambridge University found that using LEGO as a medium for group interaction with peers increased self-initiated social contact and improved social skills in general (Le Goff & Sherman, 2006).

### **Who is LEGO Therapy suited to?**

Lego Therapy is suitable for both boys and girls!

There is evidence to suggest that Lego Therapy can be particularly effective for young people on the Autism Spectrum (Owens et al., 2008; LeGoff, 2004).



### **When will the programme happen?**

Lego Therapy will take place over 6 sessions and will be run within your child's school.

The 20 minute sessions will be run by a suitably trained member of staff (such as a Teaching Assistant).

