



Therapy

Introduction

The Lego brand has been one of the leading global children's toys of the last 50 years, due to its simple colourful connecting mechanisms. Over the years Lego has developed their brand to be totally inclusive regardless of age, gender, mental or physical disability. Several educational and medical studies conducted in the United Kingdom and United States found that assisted group projects could help reinforce and develop numerous skills such as :-

- Communication (verbal and non-verbal).
- Sharing and taking turns.
- Identifying colours.
- Knowledge of shapes.
- Attention.
- Problem solving.

Amongst others.

A decorative border made of colorful Lego bricks in yellow, green, red, blue, and orange, arranged in a stepped pattern around the text.

How it works

Through structured Lego therapy children work on developing a multitude of skills by working with others to achieve a set task.

Lego therapy play is completely versatile and can be adjusted to every child's ability. This principle can be applied to the therapy leaders conducting the programme by increasing or decreasing the child's role within the group. Although most therapy play sessions are similar and follow the same guidelines.

Some guidelines to follow :-

- Children are divided into groups, this can be random or selective to suit ability.
- Each child is then given a specific role or job within the group to help the team accomplish the task, these can be rotated.

• Children are encouraged to communicate with each other according to the principles of play therapy.

- The group listens to each other and works together to accomplish the task.



Rules

- Build Lego together as a team
- If you break the Lego build fix it or ask for help to fix it
- If someone else is using it, don't take it, ask first
- Indoor voices only, no shouting.
- Be kind to others
- Do not put any Lego pieces in your mouth
- When finished, tidy up and put Lego back in its place
- Most of all have FUN

Group Roles

Engineer

I have to follow the instructions

I look at the picture and tell the supplier which bricks we need.

I also tell the builder where to put the bricks



Group Roles

Supplier

I listen to the engineer

The engineer tells me which bricks to give to the builder

I give the bricks to the builder



Group Roles

Builder

I listen to the engineer

The engineer tells me where to put the bricks

I build the model with the bricks



Group Roles

- **Engineer** - Has the instructions and describes the bricks needed they also direct the builder on how and where to place the Lego.



- **Supplier** - Has the Lego bricks, listens to the Engineer describe the bricks needed and finds them, then passes the correct pieces to the builder.



- **Builder** - Gets the correct Lego bricks off the supplier and builds them using the instructions communicated from the engineer.



After a set period of time each team member swaps roles.

Team Instructions



Give good information to each other



What colour is the Lego?



What shape is it?



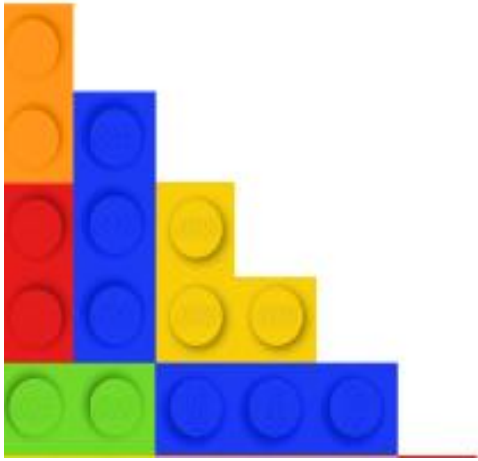
How many knobs on top?



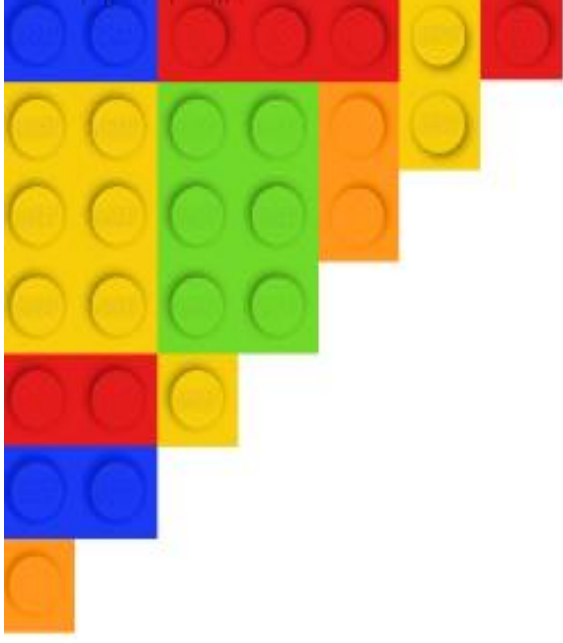
How many pieces?



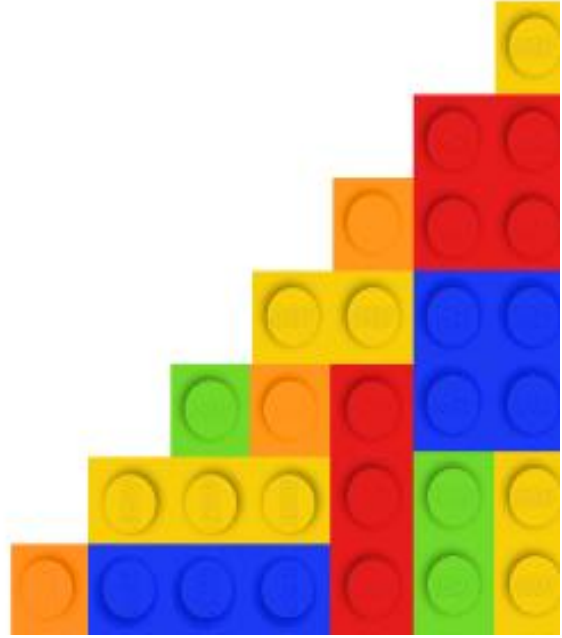
Use good describing words



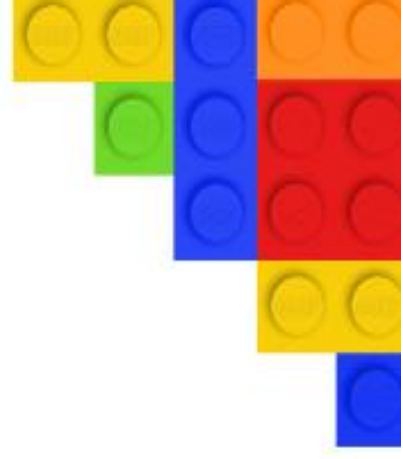
Top



Back

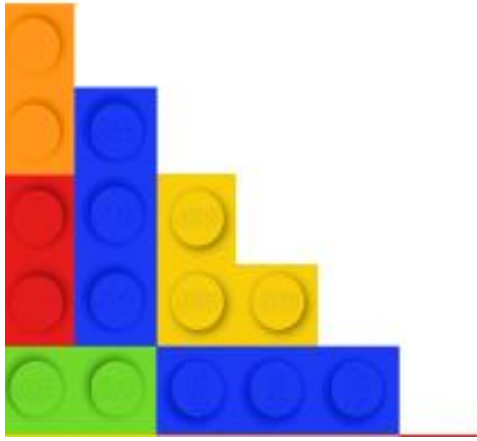


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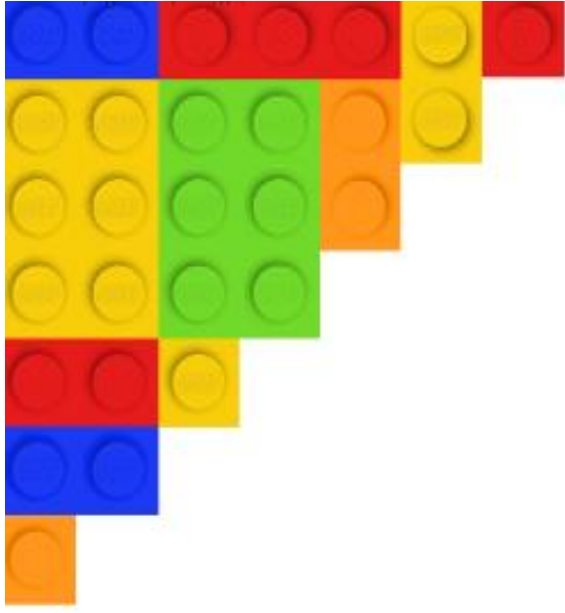


Front

Build your Lego here



Top

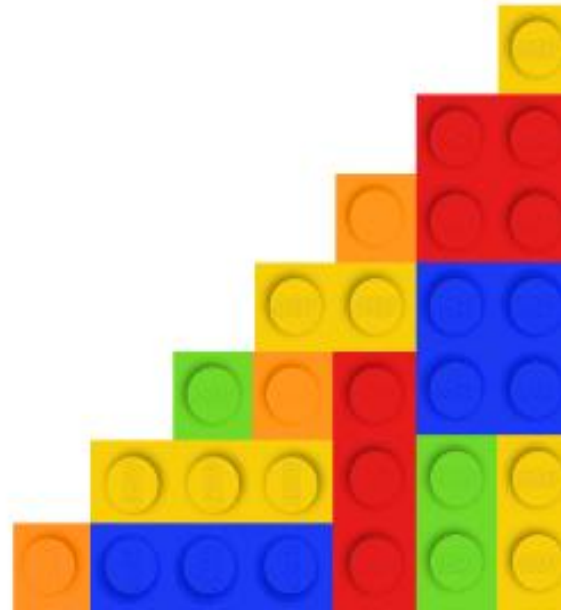


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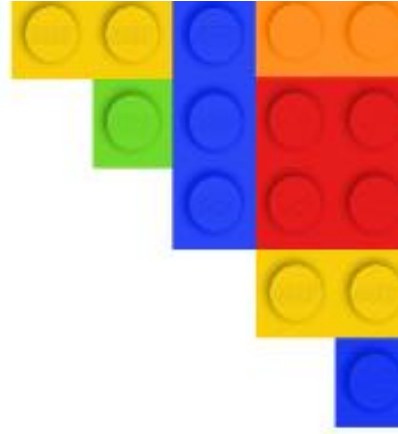
Build your Lego here

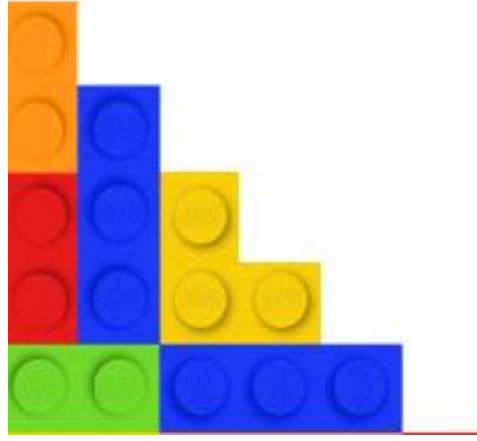


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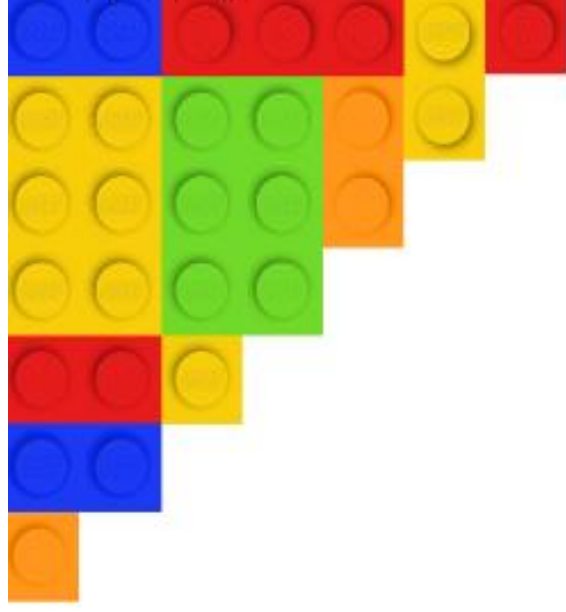


Bottom





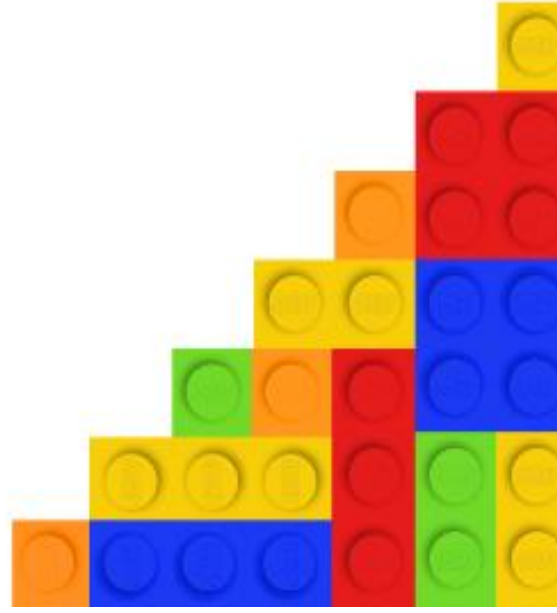
Top



Back

Build your Lego here

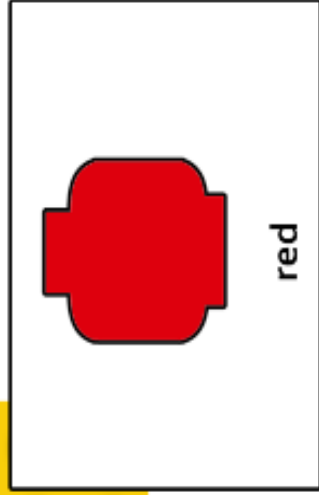
Front



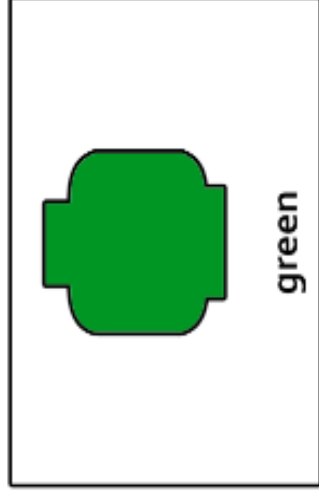
Bottom



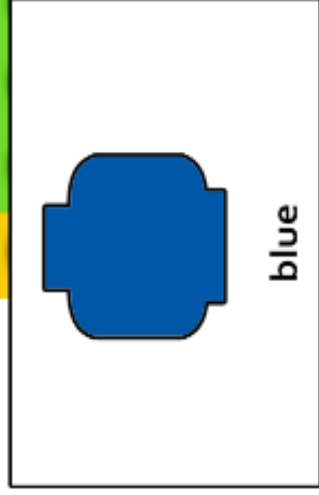
Colour Helper



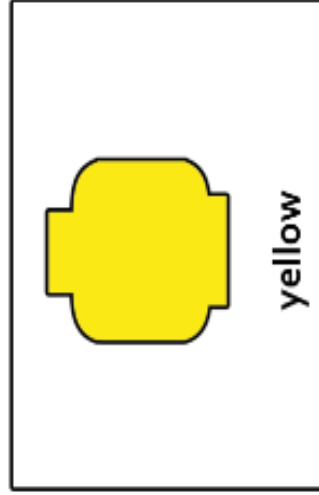
red



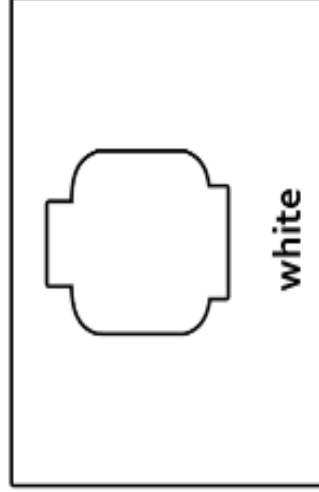
green



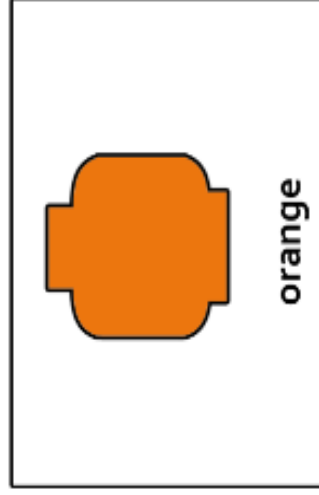
blue



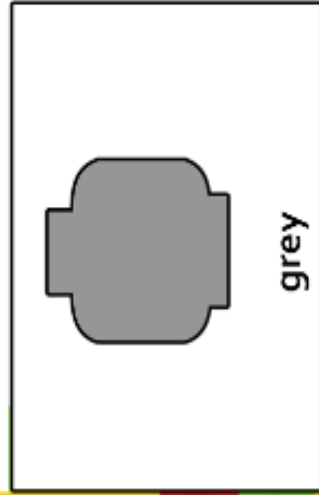
yellow



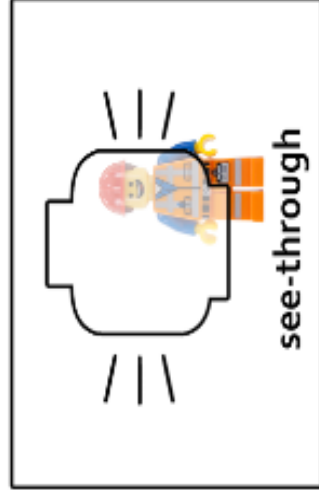
white



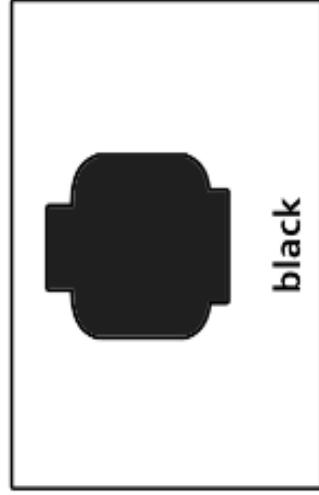
orange



grey

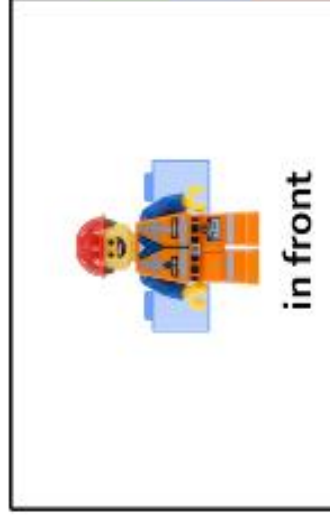
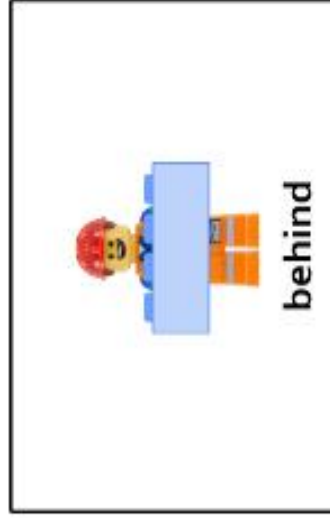
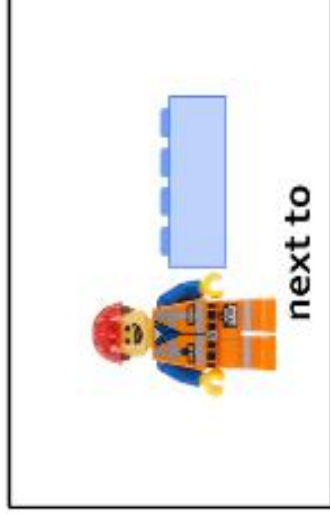
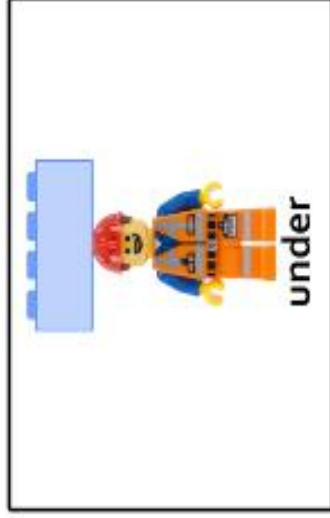
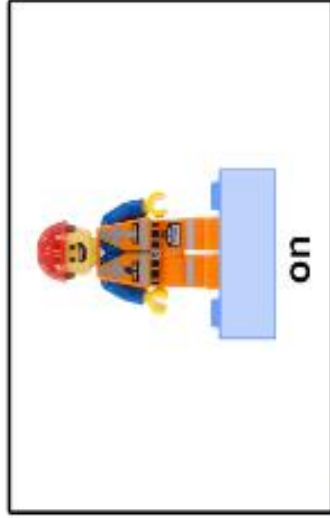
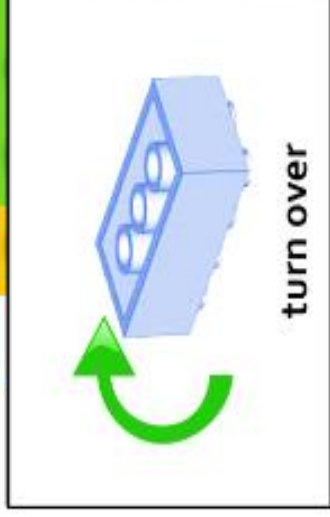
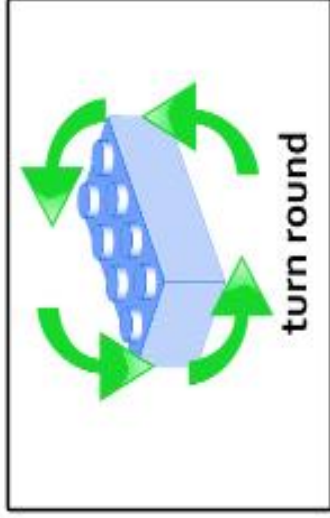
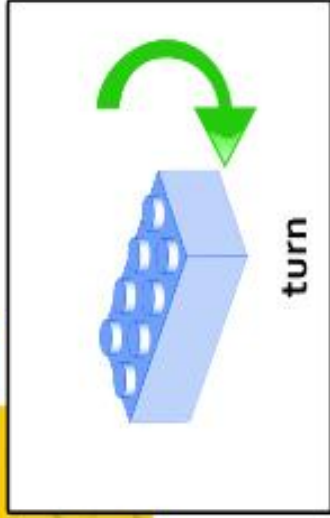


see-through

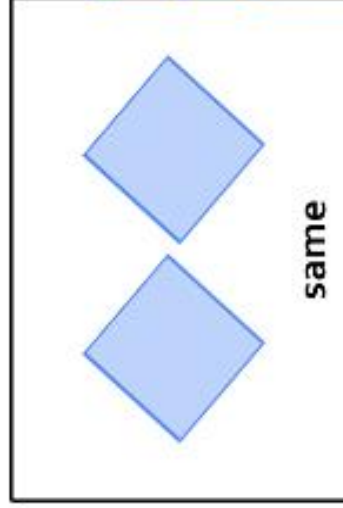
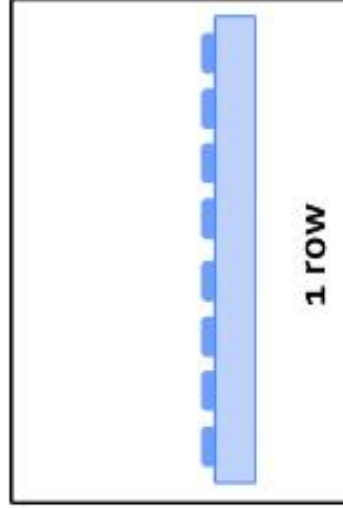
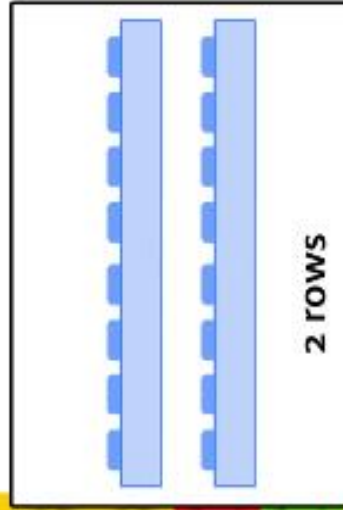
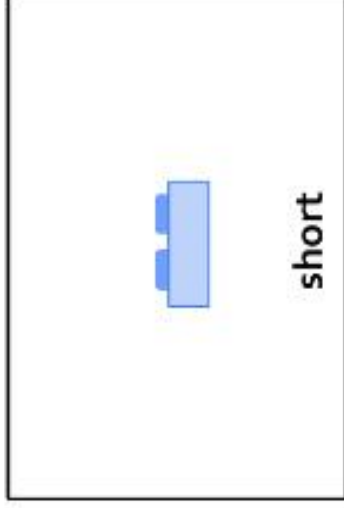
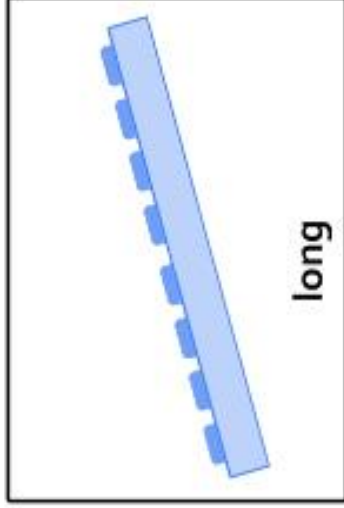
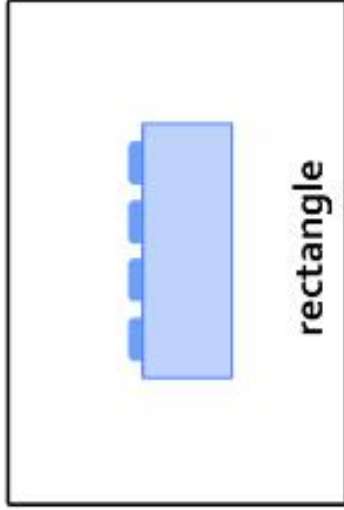
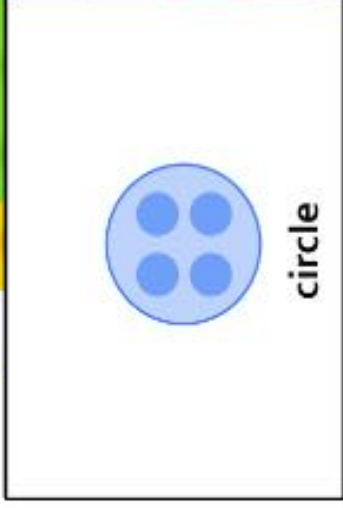
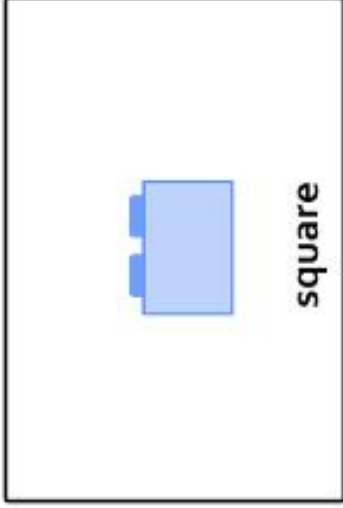
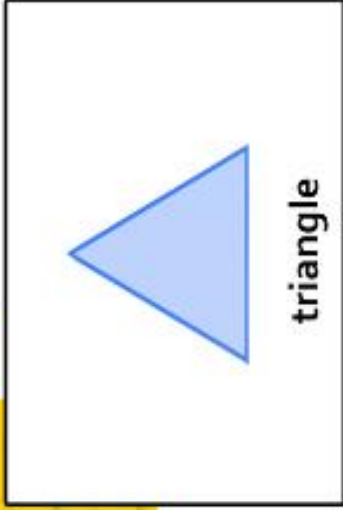


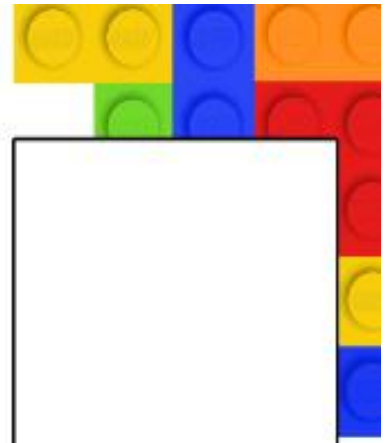
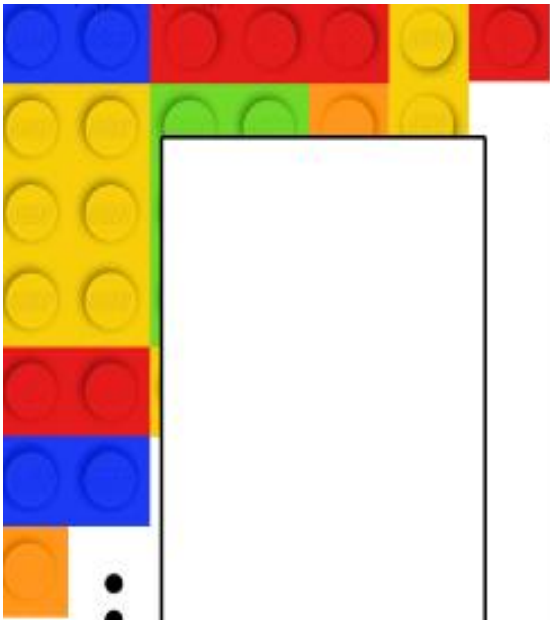
black

Lego Block Position



Lego Block Size and Shape





Blank rectangular box for writing.

Blank rectangular box for writing.

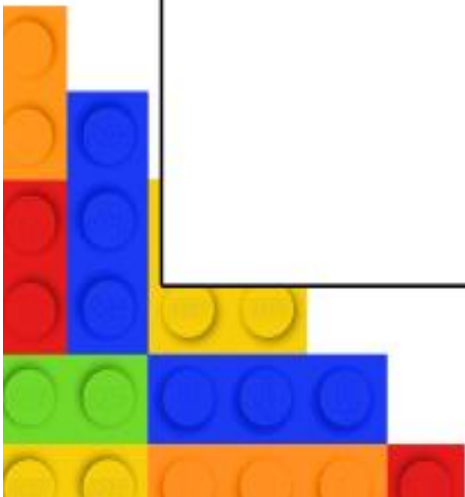
Blank rectangular box for writing.



Blank rectangular box for writing.

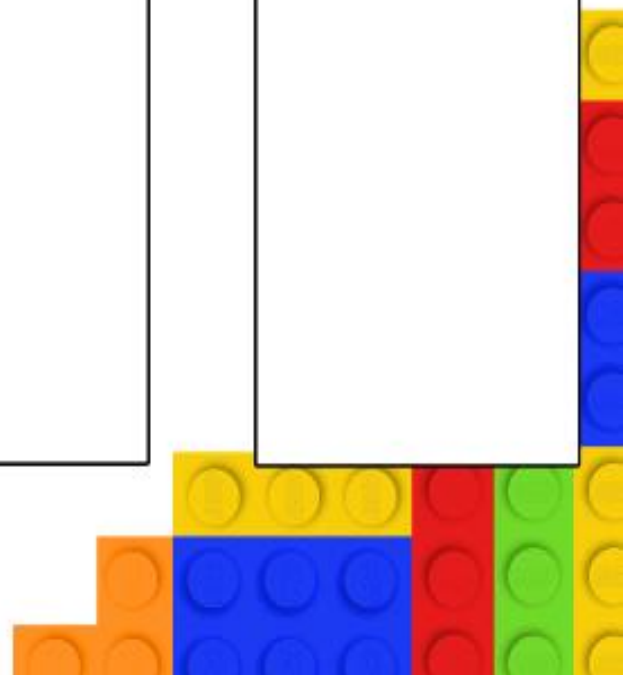
Blank rectangular box for writing.

Blank rectangular box for writing.



Blank rectangular box for writing.

Blank rectangular box for writing.



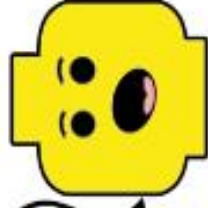
Self Evaluation



proud



super proud

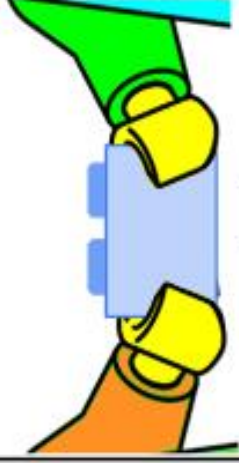


nice things

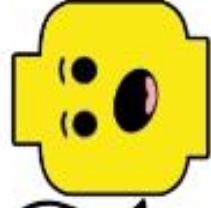
saying nice things



good ideas



sharing



well done
everyone

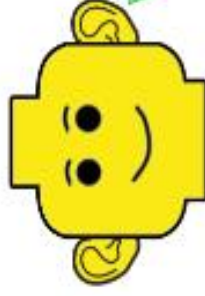
good talking



good waiting



asking for help



good listening

Team Member Questions

Is that right?

Can you help me?

I don't
understand

I didn't hear you

Can you say that
again?

I need more
information

What do I need
to do?

What do I do
next?

Is it the right
colour

Lego Therapy

Record Sheet

Please use this record sheet to accurately record the development of each team member. This can be continued throughout the entire course of sessions.

Additional notes can be added.

name	
session	
date	

A rating of 1 would indicate that the child had great difficulty in that area and would need more support.

Whereas a rating of 10 would suggest they were able to complete the task independently with ease.

1. Listening to and following instructions

1 2 3 4 5 6 7 8 9 10

2. Giving instruction to others

1 2 3 4 5 6 7 8 9 10

3. Seeking clarification

1 2 3 4 5 6 7 8 9 10

4. Overall Joint working

1 2 3 4 5 6 7 8 9 10

