



LEGO-BASED THERAPY



- A social development programme that helps children and young people with autism or those with social communication difficulties.
- The programme is based on a highly structured, systematic and predictable nature of brick-building play which increases its appeal.
- It helps children to communicate with others by giving or listening to instructions; develop their problem-solving skills and express their feelings.
- Lego-based therapy is a multi-sensory and versatile approach which means it can be adapted to suit the individual's needs/ therapy targets.

- Each child learns a clear set of rules or expectations for the Lego therapy session.
- They work with others either in a pair or in a group of three, with an adult acting as facilitator.
- As a group, they agree on a model that everyone wants to build (and is suitable).
- Each child is assigned a role (engineer, supplier, builder) within the session. The roles are rotated in sessions to allow everyone the opportunity to have different roles.
- The group work together (teamwork) to build the Lego model.

Rules for Lego-based therapy

- | | | |
|---------------------------------------|---|-----------------------------------|
| ➤ Good listening | ➤ Good looking | ➤ Take turns |
| ➤ Use others' names to gain attention | ➤ Use descriptive vocabulary (shape, colour, size, length, width) | ➤ Work as a team to problem-solve |
| ➤ Ask questions | ➤ Ask for help | ➤ Have fun |



Lego therapy roles

➤ **Engineer**

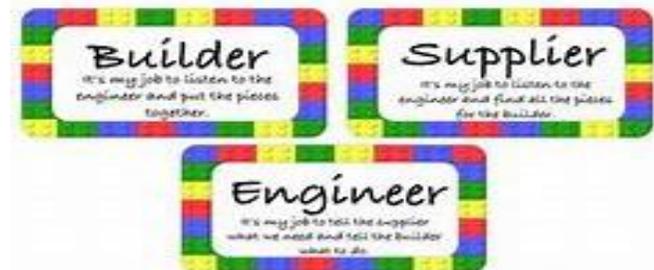
The role of the engineer is to give instructions to the supplier (describe the brick in detail). They then give instructions to the builder on how to build the bricks (remembering the description of Lego pieces and using positional vocabulary).

➤ **Supplier**

The supplier must listen to the engineer and remember the detail given to them to find specific Lego pieces. Once they have found the correct Lego pieces, they must give them to the builder.

➤ **Builder**

The builder accepts the bricks given to them by the supplier. They then must listen to the instructions given to them by the engineer on how to build the Lego model.





Lego therapy roles adapted for home

- **We acknowledge it may be more difficult to have three people readily available to complete the different roles in the home environment. This can be adapted... the roles of supplier and builder can be combined. Perfect parent-child quality time engaging in a fun and productive activity.**

- **Engineer**

The role of the engineer is to give instructions to the supplier (describe the brick in detail). They then give instructions to the builder on how to build the bricks (remembering the description of Lego pieces and using positional vocabulary).

- **Supplier & Builder**

The person carrying out this role must listen to the engineer and remember the detail given to them to find specific Lego pieces. Once they have found the correct bricks, they then must continue to listen to the engineer and remember all the information given them to build the Lego model.





Expectations for each Lego role/job

○ Engineer	○ Supplier	○ Builder
➤ Use the name of supplier/ builder before giving them any information or instructions.	➤ Respond and look to the engineer when your name is called.	➤ Respond and look to the engineer when your name is called.
➤ Provide level of description suitable to their level, e.g. colour/ shape; size/colour/shape; length/size/colour/shape	➤ Listen and remember the instructions/information given to you.	➤ Listen and remember the instruction/ information given to you.
➤ Make sure the supplier and builder have listened and understood your information	➤ If you can't remember, ask the engineer to tell you again.	➤ If you can't remember ask the engineer to tell you again.
➤ Watch the supplier and engineer do what you've asked to make sure it is correct.	➤ If you are not sure what's been said, ask them to repeat the description again in a simpler form.	➤ If you are not sure what's been said, ask them to repeat it or give you the instruction in a simpler form.
➤ Try and re-word or make what you said more simple so others understand	➤ Ask for help from the builder, if you're not sure you've picked the correct brick.	➤ Ask for help from your team members in your if not sure.
➤ Reassure the supplier and builder when unsure or when they are doing a good job.	➤ Check with the engineer that you have chosen the correct brick.	➤ Show what you've done to the others and check it is right.
➤ Enjoy yourself and have fun!!	➤ Enjoy yourself and have fun!!	➤ Enjoy yourself and have fun!!