PLAY
TALK
SHARE
SOLVE
GROW

LEGO THERAPY

Small Bricks... BIG Skills!

GREAT CHART SCHOOL

Building Communication, Confidence and Connections

What is LEGO Therapy?

LEGO Therapy is a structured, evidence-based approach where children work in pairs or threes to build LEGO sets. It uses the motivation and enjoyment of LEGO to develop social communication, language and teamwork skills.

Why do we use it?

- Develops social communication skills
- Builds expressive and receptive language
- Encourages teamwork and cooperation
- Supports problem solving and flexibility
- Helps children manage frustration
- Builds confidence and independence

Who can benefit?

LEGO Therapy can support children with a range of needs, including:

- Autism
- Social communication difficulties
- Language and communication needs (including those alongside deafness)
- Children who find unstructured social interaction challenging

The 3 Roles

Builder



Listen to the engineer. Put the pieces where they need to go.

Supplier



Listen to the engineer. Find the pieces and pass them to the builder.

Engineer



Tell the supplier which pieces are needed. Tell the builder where the pieces go.

We all have an important role!

COMMUNICATE
COOPERATE
TAKE TURNS
PROBLEM SOLVE
BE FLEXIBLE

Typical Session Structure

1. Introduction and recap
2. Language teaching and modelling
3. Games and activities to practise new language (e.g. brick bingo, describing bricks, paired tasks)
4. LEGO building in pairs or threes with adult support
5. **Tidy up & finish together**
   - Celebrate what went well
   - Talk about teamwork
   - End the session positively

Key Skills We Support

- [x] Listening
- [x] Following instructions
- [x] Speaking and asking questions
- [x] Turn taking
- [x] Eye contact
- [x] Problem solving
- [x] Managing frustration
- [x] Working as a team
- [x] Developing vocabulary (e.g. colour, size, type, position)

Remember...

- Use positive praise and encouragement
- Model and scaffold communication strategies
- Give time for thinking and talking
- Support children to take on different roles
- Keep the sessions fun and relaxed
- Celebrate teamwork and progress (there is no 'wrong' way to build!)

Building more than just LEGO bricks... we're building brighter futures!