

Lego Based Therapy

Lego-Based Therapy is an intervention that was initially developed for Autistic children but it is a great intervention for most children, especially children with social and emotional needs. Lego-Based Therapy uses a child's natural interests (Lego/Play) to engage them in the process.

LEGO®-based therapy sessions are really flexible. Within sessions, children have different roles;

- The Engineer: describes the instructions
- The Supplier: finds the pieces
- The Builder: puts the pieces together

Children have to talk to each other and interact to get the model built. Moving on, children can design and build their own creations together ("freestyle" building).

Through Lego-Based Therapy, children can learn to work collaboratively to achieve a shared goal, under the guidance of the Lego-Base Therapy Practitioner. Through the focusing on their common purpose, goals and shared interest, children can develop and reinforce play and social skills such as:

- Verbal and non-verbal communication
- Joint attention
- Task focus
- Sharing and turn-taking
- Collaborative problem-solving

Lego Based Therapy can be offered to groups, siblings, families or individual children.

Michelle has been delivering Lego Based Therapy Training to other professional since 2016 all across England, Scotland and Wales- see Training session should you wish to access training.



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ASF registered