



LEGO Therapy

Lego Therapy group provides a motivating approach to improving social and communication skills in children. Especially those with

- Speech, language and communication needs.
- Children on the Autistic Spectrum
- Children with Social, Emotional and Mental Health needs.

The objectives of a lego group are:

- Improvements in social competency as well as general communication skills.
- To learn from each other how to co operate, solve disputes, follow rules and be helpful.
- That skills that have been developed in group will transfer into the classroom.
- To help with social anxiety, low self esteem, bullying issues.

What can students get from the sessions:

The structured, predictable and systematic characteristics of lego enables the students to engage and practice their social skills and communication in a structured environment.

They also get.....Enjoyment, common purpose, development of language, social flexibility, sharing, listening, being part of a group, join problem solving, active listening, turn taking, positive behaviour, responding and initiation.

The aim:

is to build a lego set using the visual instructions, working together in the following roles:

Engineer: describes the instructions, without showing the pictures. Is not allowed to touch the lego.

Supplier: listens to the engineers instructions, finds the correct pieces and passes to the builder.

Builder: takes the pieces of lego from the supplier and builds the model with the instructions from the engineer.

The role of the adult:

The key role is to **FACILITATE** the children solving social problems and to build and strengthen positive communication.

To **MANAGE** the time and space.

To **OBSERVE** what is happening and to give positive feedback and enforce rules.

To be a **MEDIATOR**

To **PROMPT** equality.

Baselining and Recording

Vineland adaptive behaviour scales second edition is used to assess the effectiveness of the intervention in the communication and social domains.

Lego groups usually run once a week for a period of 12 weeks. Targets are set for each student at the beginning of each session to facilitate the effectiveness and focus of the session. This allows Students to practice key skills in a structured session.