

Construction Therapy, sometimes known as Lego Therapy is a great way to develop children's social and communication skills by creating opportunities to develop;

- Turn taking
- Coping in a group situation
- Language
- Listening skills
- Conversation skills
- Problem solving skills
- Joint attention
- Resilience

Usually in this therapy there are three parts to play- The Engineer, the Supplier and the Builder.

The Engineer looks at the instructions and explains to the Supplier what bricks are needed, when it's time, the Engineer will also explain to the builder how to put them together. The Supplier listens to the Engineer and collects the bricks needed, asking questions to clarify understanding when needed. The Supplier then passes the bricks to the Builder who listens to the Engineer on how to put them together.

The adult oversees the group and supports where necessary. In smaller groups the adult can take one of the three roles.

How a Construction Therapy session is led

Preparation

1. Construction sets need to be prepared before hand that are at the right level for the children in the group.

Lego is brilliant, as their sets come with instruction booklets, however some of their sets may be too difficult for children of a young age to use. For young children or beginners', sets may have to be created.

To start, some children may need simple coloured towers (please find link on website) and may then progress to simple models. (please find link on website) or please feel free to make your own, its easy! Just make a model, remembering to take a photo after each brick. Your child can then look back at your photos and use it as their instruction manual.

2. Language check

It is important for the children to have the language necessary to be able to understand instructions and give instructions themselves.

Before you start it's a good idea to discuss what kind of language you can use. Language relating to colours, how many bumps, size and position need to be taught before the

session starts. On our website we have included some word mats to support with this, or please feel free to make your own (make sure that the mat you use correctly relates to your construction material).

3. Rules

It is also important to make some rules for all participants to follow. These should then be referred back to at the beginning of every session. Rules may include - no breaking models, use kind words ect..

The Construction Session

1. Refer to rules
2. Recap language
3. Assign roles - and check understanding of each role
4. Build (it is important that by the end of the session the group has achieved the end product.

For more information regarding Lego therapy please click on the following links

<https://www.youtube.com/watch?v=qrl9XKKouos>

<https://bricks-for-autism.co.uk/about-lego-therapy/>