



## LEGO THERAPY



### What is Lego Therapy ?

LEGO therapy is a structured intervention using collaborative building to support children's social communication, emotional regulation and problem-solving. It often involves small groups where each child takes on a role, encouraging interaction and shared focus. The approach combines play with clear structure to build confidence and connection.

### What does a session look like?

A typical session involves a small group (often three students), each with a defined role such as builder, supplier or engineer. They work together to complete a LEGO model, practising turn-taking, listening and clear communication. In 1:1 sessions, activities may be more flexible and guided by the child's interests.

### How does it help students with their wellbeing?

LEGO therapy supports wellbeing by creating a safe, engaging space for interaction. Students develop communication skills, build relationships and practise regulating emotions. The shared goal reduces pressure, while success builds confidence. It also encourages expression of thoughts and feelings, helping children feel understood and more connected to others.