

## What are the benefits?

- It promotes social interaction, turn-taking skills, sharing, collaborative problem-solving and the learning of concepts.
- It can be used to target goals around social skills, language and motor skills.
- By using a popular resource like LEGO® it capitalises on its existing motivation and supports self-esteem by allowing the participants to demonstrate their skills in a social situation.
- It sets up a positive opportunity for guided social problem-solving to help develop social skills that can then be used in other situations.
- LEGO®-Based Therapy provides a highly structured environment which can help children with autism feel calm and relaxed as they are doing something that they enjoy and know precisely what to expect and what is expected of them.
- It can improve the motivation to initiate social interaction with peers.
- It can improve ability to sustain interaction with peers for a longer period of time

## Who can teach LEGO®-Based Therapy?

It is advised that staff who have attended LEGO®-Based Therapy training or who have read the LEGO®-Based Therapy book deliver the LEGO®-Based groups.

Ideally these members of staff would also have knowledge and understanding of children with autism or other communication difficulties.

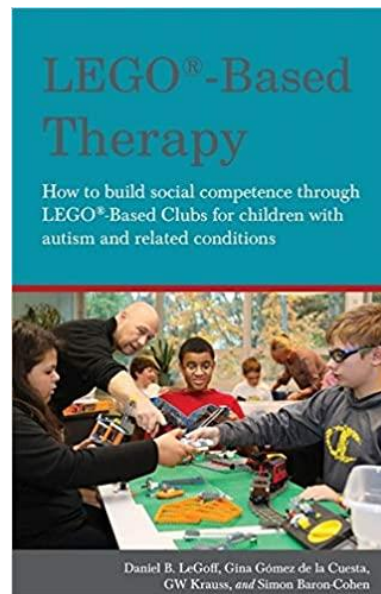
## What will I need?

- The book LEGO®-Based Therapy by Daniel B Le Goff
- Lego kits with plans/instructions
- A mixed box of Classic Lego
- Visual resources such as Role Cards, Group Rules and Brick Descriptions
- Pre and post assessment tools
- Evaluations

If you would like more information about Lego Based Therapy, including receiving free training in school please contact:

**Louise Bieluch**  
**Specialist Education Officer,**  
**STePS**  
[louise.bieluch@derby.gov.uk](mailto:louise.bieluch@derby.gov.uk)

# Lego-based Therapy



## What is LEGO®-Based Therapy?

LEGO®-Based Therapy was developed in the mid-1990s by US paediatric neuropsychologist Daniel LeGoff.

It has since been researched by Gina Gomez de la Cuesta, Simon Baron-Cohen and colleagues at the Autism Research Centre, University of Cambridge.

LEGO®-Based Therapy is a social development program that uses LEGO® activities to support the development of a wide range of social skills within a group setting.

It has specific rules and there is clear structure to the session.

## Who is LEGO®-Based Therapy for?

While initially developed for children with autism, LEGO®-Based Therapy has since been found to benefit children with a variety of communication and social developmental difficulties. These can be difficulties such as:

- Communicating with other children
- Sharing
- Problem-solving
- Turn-taking
- Waiting
- Listening/attention

## What are the 4 Roles?

Each person is given a specific role to follow.

### Engineer



My job is to:

- Hold the plans
- Prevent others from seeing the plans
- Ask the **Supplier** to find the pieces
- Give the **Builder** the instructions

### Supplier



My job is to:

- Keep all of the pieces
- Listen to the **Engineer's** instructions
- Follow the **Engineer's** instructions
- Give the **Builder** the correct pieces

### Builder



My job is to:

- Take pieces from the **Supplier**
- Listen to the **Engineer**
- Use the pieces to build the model

### Director



My job is to:

- Watch what everyone is doing
- Make sure everyone is working as a team
- Make sure everyone is communicating well

## What are the modes of intervention?

**Mode 1:** Individual Therapy and Pivotal Skills.

**Mode 2:** Collaborative Building with One Peer.

**Mode 3:** Collaborative Building with Two Peers.

## Using visual supports

A range of visuals are used in LEGO®-Based Therapy.

Research has shown that visual supports help the young person to communicate better with others, and helps others to communicate with the young person.

