



# Sen Talk Brick Club

LEGO®-based therapy is a collaborative play therapy in which children work together to build LEGO® models. Then original concept was pioneered by Dr Daniel Legoff a clinical psychologist for the United States (2004). Since then many studies have been completed on small peer groups of children.

This evidence suggests after 6 weeks of Lego®-based Therapy children will begin to self-initiate play, become less aloof and behaviour will become less rigid.





## **OUR AIM**

The aim of our group is to encourage the use of special interests to improve the mental health and wellbeing of children and young people with SEND.

## **HOW IT WORKS?**

Sessions are split into two main tasks.

### **THE FIRST IS THE GROUP BUILDING TASK**

The task of building is divided into different roles, so that social interaction is necessary to participate. By doing this, children practice key skills of collaboration, joint attention, sharing, turn taking, communication, social problem-solving and compromise.

### **THE SECOND IS OUR FREE-PLAY TASK**

This allows children to explore with various challenges and activities arranged in a loose manner. This gives children the freedom to test their skills, and really illustrate to us the effectiveness of the programme.

## **WHAT MAKES US DIFFERENT?**

We want children to develop confidence and build positive relationships with peers in a low-pressure environment, doing something that they enjoy.