



Lego-Based Therapy

INFORMATION SHEET



What is Lego-Based Therapy?

Lego-Based Therapy is a collaborative play social skills intervention designed to improve social communication and play skills in children with autism and related conditions. Small groups consisting of three children are run by an experienced clinician and children are encouraged to build together. Each child takes on a set role (e.g. engineer, supplier, builder) and together follow pictorial instructions to build a project. The sessions also include opportunities for more naturalistic freestyle building.

During Lego-Based Therapy sessions children have natural opportunities to develop the following social skills:

- Shared attention
- Collaboration
- Listening
- Communication
- Problem solving
- Compromise
- Turn-taking
- Sharing
- Shared enjoyment

What does the research say?

Lego-Based Therapy was developed by Psychologist Dr LeGoff in the United States. Dr LeGoff noticed that children with autism were motivated to engage in social interaction when it was through the medium of Lego.



Autism researcher Simon Baron Cohen suggested that children with autism are drawn to structured and predictable activities and Lego meets this need for order and organisation. Several studies have identified that Lego-Based Therapy improves social interaction skills.

Who is Lego-Based Therapy suitable for?

Lego-Based Therapy is suitable for children whose main goals are around developing their social communication skills. Children who attend the group need to be able to communicate using sentences and follow short instructions. The Lego-Based Therapy group consists of three children and the children are matched on their age and developmental level.

Who can provide Lego-Based Therapy?

Lego-Based Therapy will be provided by experienced clinicians who have studied Lego-Based Therapy and/or attended Lego-Based Therapy training. At CliniKids, Lego-Based Therapy is facilitated by qualified Speech Pathologists.

How can I get involved?

The Lego-Based Therapy groups run at CliniKids will take place during the school term and will involve an initial introductory session for parents. Weekly sessions will be 90 minutes and will follow a set format.

This will include group rules, snack, allocation of Lego roles, collaborative Lego building, creative free play and tidy up. The group will facilitate social interaction skills and child will have individualised goals they are working towards.

How can I get involved?

CliniKids is currently taking enquiries from families who would like more information about Lego-Based Therapy or who would like to receive Lego-Based Therapy at CliniKids. If you would like to register your interest or access further information, please contact us.

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