

# LEGO Therapy



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.

LEGO therapy 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.

Children with autism sometimes find it challenging to understand what is expected of them in a social situation, particularly within unstructured play activities. LEGO®-Based Therapy provides a highly structured environment where everyone plays a specific role within the group.

This 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.