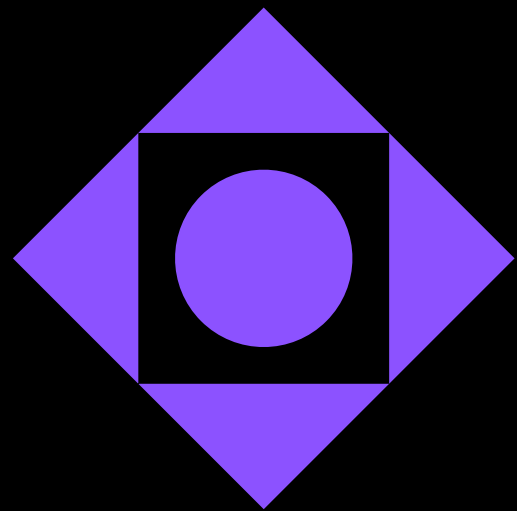


BUILD 4CHANGE



**Margie Gonzales, Certified
Lego® Serious Play®
Facilitator**

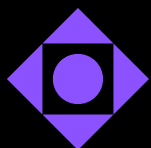
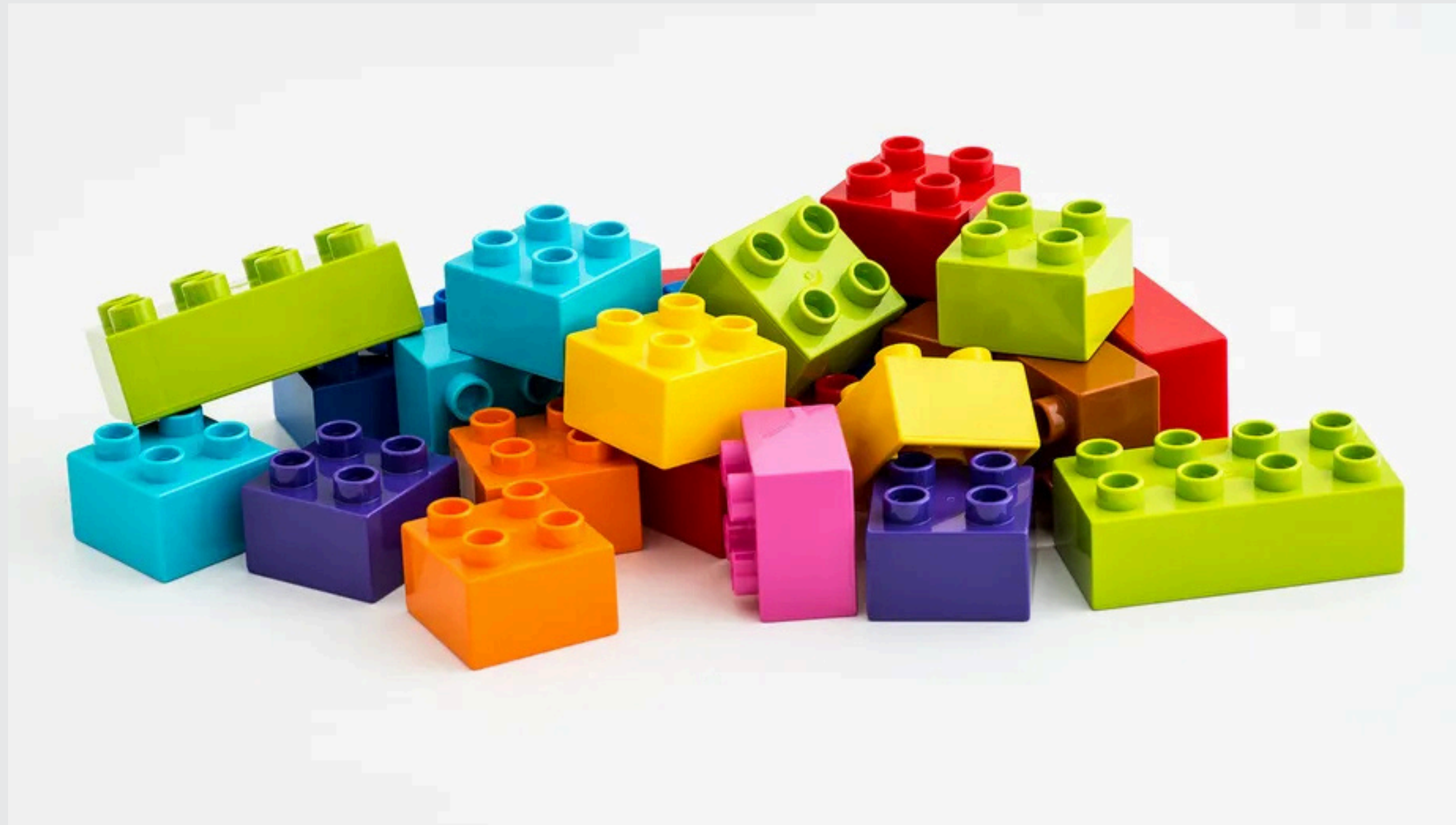
**Lauren Glasgow, Certified
Lego® Serious Play®
Facilitator**

WELCOME & INTRODUCTION

Welcome to our Mental Health Symposium. We are glad you are here. Get ready to learn and have some fun. We will spend the next few minutes learning to facilitate conversations through the power of Lego® Serious Play®. We are BUILD4CHANGE. Our goal today is to provide you with creative play techniques that will help facilitate meaningful conversations with your client or child.



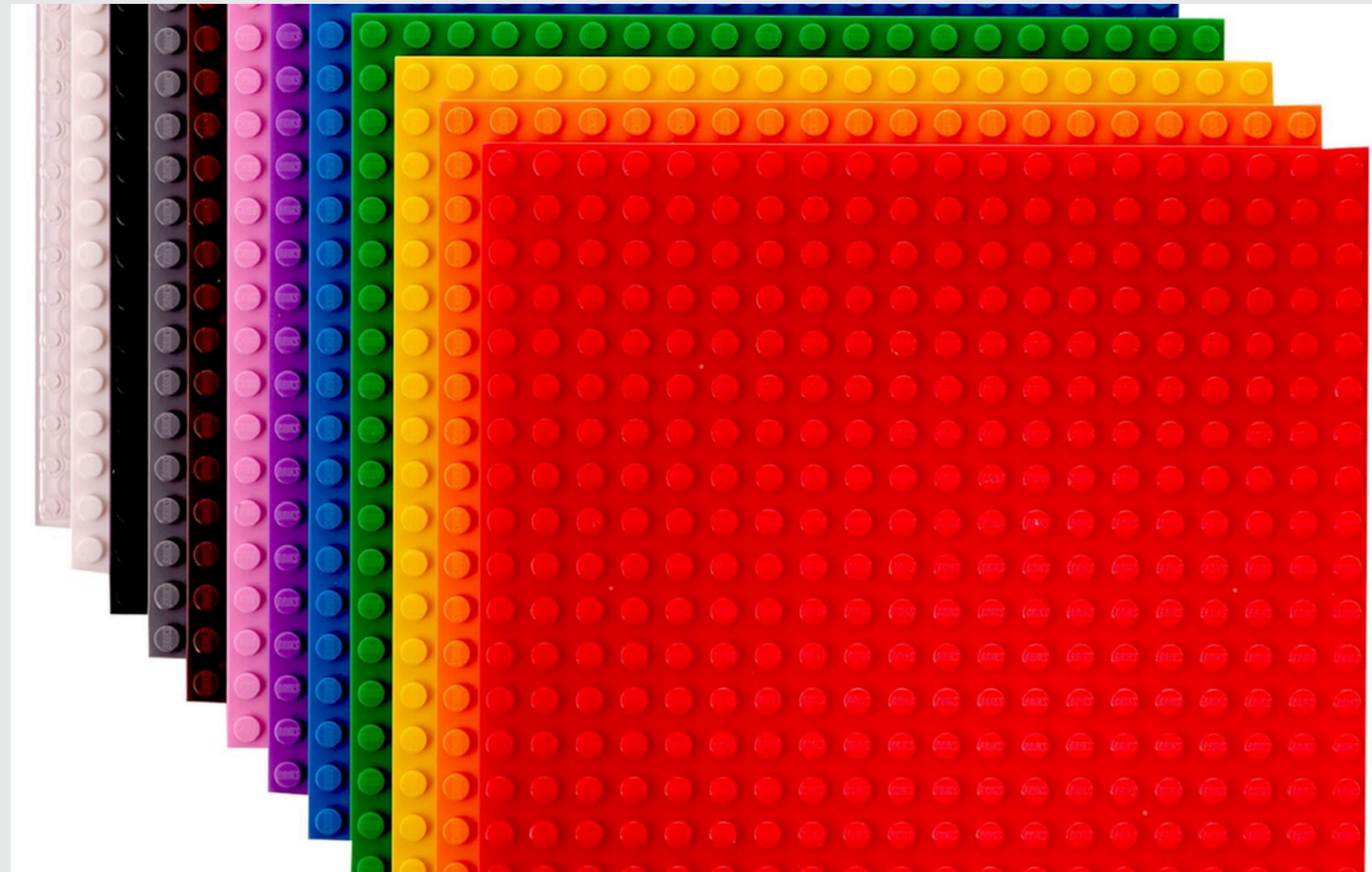
These are Lego® BRICKS



These are Lego® BUILDS



These are Lego® BASEPLATES



THERE'S NO RIGHT OR WRONG WAY TO BUILD

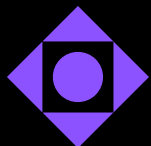
- Use your imagination and think with your hands.
- Bricks/pieces can represent anything you want them to.
- There is no right or wrong LEGO® build.



LEGO®

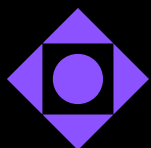


Build #1



TASKS

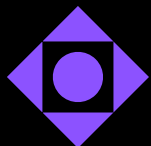
- Grab 10 bricks/Lego® pieces.
- Take 2 minutes to create a build that expresses how you are feeling right now (i.e. happy, sad, angry, worried, hopeful, etc.)
- Talk about your build:
 - What do the bricks/pieces represent?
 - What stands out to you about how you're feeling?
 - What colors did you use?
 - **STOP!!** Don't deconstruct it.



LEGO®



Build #2



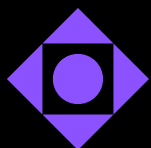
TASKS

- Now grab 10 additional bricks
- Take 2 minutes to create a build that connects you to how you would like to feel in the future (i.e. confident, joyful, happy, hopeful, etc.)
- Talk about your build:
 - What do the bricks/pieces represent?
 - What stands out to you about how you're feeling?
 - What colors did you use?
- With your phone, take a picture of your build.
- Deconstruct your build.



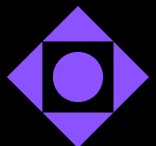
THE POWER OF Lego[®] Serious Play[®]

Creative play, also known as imaginative play, is a way for individuals to express themselves through non-verbal expression. The power of Lego[®] Serious Play[®] is that it allows participants to use their hands as the key mechanism for processing emotions.

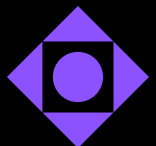


OBJECTIVE #1

ASSESSING PLAY BEHAVIORS

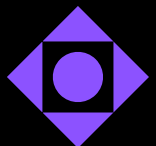


One of our objectives today is to learn to **ASSESS PLAY BEHAVIORS** as indicators of your client or child's emotional state. Your client or child's story is contained in the details they build. That means every detail is significant.



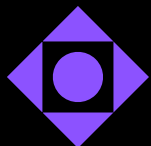
PAY ATTENTION TO DETAIL

- What colors did they use?
- What did they build?
- What did their pieces represent?
- What stories did they tell when they described their build?
- What was their posture/body language/facial expression?
- What was their tone of voice?

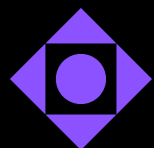


OBJECTIVE #2

**LEARN CONVERSATIONAL
TOOLS**

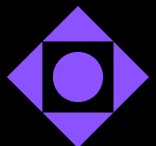


Our second objective today is to LEARN CONVERSATIONAL TOOLS to help your client/child process emotions and facilitate health coping mechanisms. Lego® Serious Play® is a powerful tool for facilitating hard conversations.



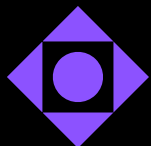
Asking the right questions

- Ask open-ended questions
- Ask simple questions
- Ask leading questions

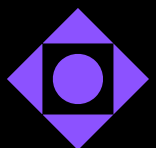


OBJECTIVE #2

**PROMOTE HEALTHY
EMOTIONAL EXPRESSION**



Our last objective aims to help promote HEALTHY EMOTIONAL EXPRESSION. Lego® Serious Play® (LSP) is a facilitation method that uses Lego® bricks to help individuals and groups express thoughts, emotions, and ideas in a more tangible way.



Here's how LSP helps promote healthy emotional expression:

- Physical Expression Of Feelings
- Promotes Safe Sharing
- Visualization Of Abstract Emotions
- Creative Problem-Solving
- Group Connection



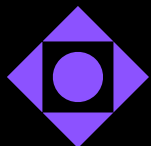
THANK YOU
For Participating



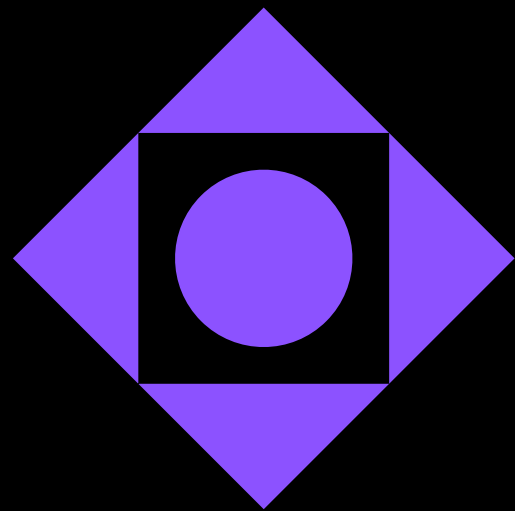
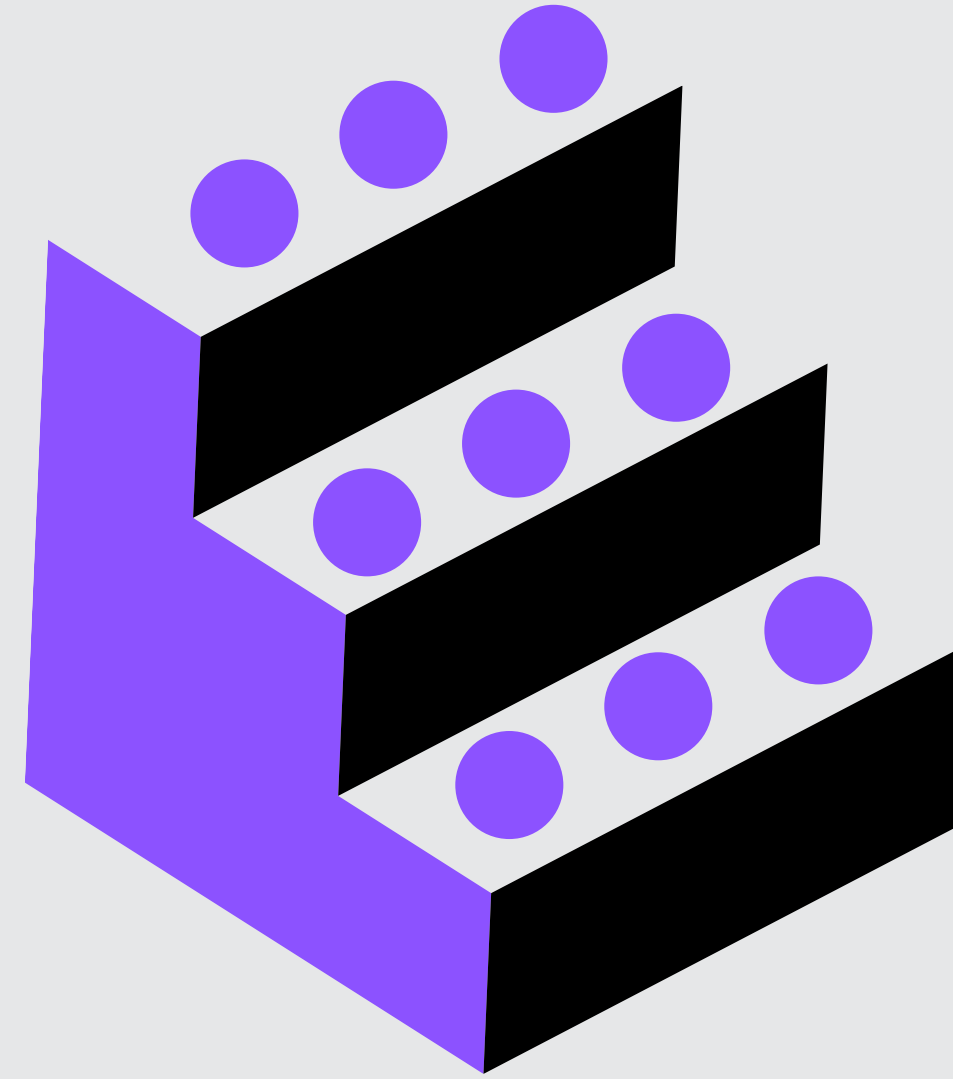
For more info:

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