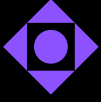


**BUILD
4CHANGE**



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2025 LEGO® SERIOUS PLAY® Training Guide

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.

BUILDING WITH LEGO®

The best way to learn Lego® Serious Play® is to start building.

Word Definitions

- **Bricks** = bricks are the actual LEGO® pieces you will use to build.
- **Build** = a build is exactly that. It is the model participants will create using LEGO® pieces/bricks.

There's No Wrong Way To Build

- Use your imagination and think with your hands.
- Bricks can represent anything you want them to.
- There is no wrong build.

Build #1

- ☐ Grab 10 bricks.
- ☐ 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.

Build #2

- ☐ 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.

TODAY'S OBJECTIVES

1. Participants will learn to use creative play to identify key play behaviors as indicators of a client or child's emotional state.
2. Participants will learn conversational tools to help participants process emotion and facilitate healthy coping mechanisms.
3. Participants will learn how to facilitate healthier emotional expression and facilitate healthy coping mechanisms.

#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.

- **What colors did they use?** Black, purple, white, etc. Colors say a lot about how kids are feeling.
- **What did they build?** Did they include flowers? Did they build walls or did they build bridges? Did they build ceilings? Did they build fences?
- **What did their pieces represent?** Did they represent anger, joy, frustration, etc.?
- **What stories did they tell when they described their build?** Was it a happy or positive story? Was it a painful or traumatizing story?
- **What was their posture/body language/facial expression?** Did they appear tense? Is their head down? Are they sweating or fidgeting? Do they seem embarrassed or afraid?
- **What was their tone of voice?** Are they yelling? Are they struggling to speak? Is their voice cracking? Are they mumbling?

You can assess to some degree how your client/child feels by paying attention to the details of what they build and how they describe it to you.

#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. It allows participants to communicate in a less stressful way. Remember that with children especially, they often have not yet fully developed their communication skills. They are still learning to communicate verbally and don't always know how to express what they feel. That makes it hard for them to know how to say hard things. LSP allows participants to say hard things by building them out. But a successful session depends on the facilitator's ability to ask the right questions and get the conversation started.

ASKING THE RIGHT QUESTIONS

Ask open-ended questions: It is imperative that you ask an open-ended question if you want the response to be more than just "yes," or "no." Open-ended questions are the only way you can initiate verbal conversation. That means you need to think about what you're going to ask in advance. You must be very intentional.

Ask simple questions: Don't make the questions too hard or too complicated. The harder the question, the more stressful it becomes to answer. The power of Lego® Serious Play® is that it is very non-confrontational and non-invasive. LSP conversations are supposed to flow freely and easily. If the participant is grimacing, you probably need to rethink the questions you are asking. Difficult or complicated questions might actually cause the participant to shut down and stop communicating altogether.

Ask leading questions: You should be very intentional about the questions you want to ask. You want the question to be a catalyst to retrieving the information you want and need to get from the participant. You want to ask specific questions (leading questions) that will help initiate the conversation you want to draw out.

For help developing good open-ended questions, you can use AI. Just type in the the parameters you want to use and it will generate all sorts of options for you. For example, ask AI: "What is a good open ended question to find out if someone feels sad?" Here's one response: "A good, open-ended question to explore if someone might be feeling sad is, "Can you share with me how you've been feeling lately?"

#3 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 it helps facilitate HEALTHY EMOTIONAL EXPRESSION:

PHYSICAL EXPRESSION OF FEELINGS

Using Lego® bricks allows people to build representations of their thoughts, feelings, and experiences. This physical act of building gives individuals a way to externalize emotions that may otherwise be hard to articulate with words. It provides a form of non-verbal expression, which can be less intimidating and more freeing for people to explore emotions.

PROMOTES SAFE SHARING

The structured environment of a Lego® Serious Play® session encourages everyone to participate while the focus on building models can make it easier for individuals to share their thoughts and emotions. The act of "showing" a model to the group, instead of just "telling" something, can help people express emotions they might feel uncomfortable voicing directly. It's always easier to share what you feel when you feel safe.

REDUCING BARRIERS

Lego® Serious Play® fosters a non-judgmental environment. When people build models and share their ideas, the focus is on the process and the understanding that there are no wrong builds. This reduces the emotional barriers people might feel when talking about difficult or sensitive topics, helping them open up in ways they might not in a traditional setting.

VISUALIZATION OF ABSTRACT EMOTIONS

Sometimes, emotions like stress, anxiety, or even happiness can be complex or abstract. Lego® bricks help individuals to break these emotions down into tangible structures. For example, someone might build a representation of how anxiety "feels," such as a model with tightly packed bricks, and later explain how it impacts them.

CREATIVE PROBLEM-SOLVING

Lego® Serious Play® isn't just helpful in identifying problematic emotions – it is also a tool for problem-solving. It encourages creativity in addressing emotional challenges. By using the bricks to build solutions to emotional or interpersonal issues, participants can approach problems from new angles and gain fresh perspectives on how to cope or communicate more effectively.

GROUP CONNECTION

In a group setting, LSP promotes empathy and understanding. When others share their models and emotional stories, it creates a space for mutual support. Participants often realize that others share similar feelings or experiences, which can be validating and comforting.

CONCLUSION

Thank you for attending this training. We hope that you find the information useful and effective. If you would like more information, please contact **BUILD4CHANGE** via email at build4change.info@gmail.com or call 806.282.0534.
