

Trauma Informed Partnership Conference

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Building reflection, empathy, and connection with LEGO® Serious Play®



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Play to Connect

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About me

- Fashion design background
- Industry, FE & HE, prison learning
- Accredited LEGO Serious Play facilitator
- Passionate about inclusion
- Social & emotional learning, wellbeing
- Multisensory, playful learning



Workshop aims

- To provide an overview of the LEGO Serious Play Methodology
- To provide experience in using the LSP method to reflect on your role
- To provide the opportunity to reflect on ways to incorporate LSP into your professional context



Learning Outcomes

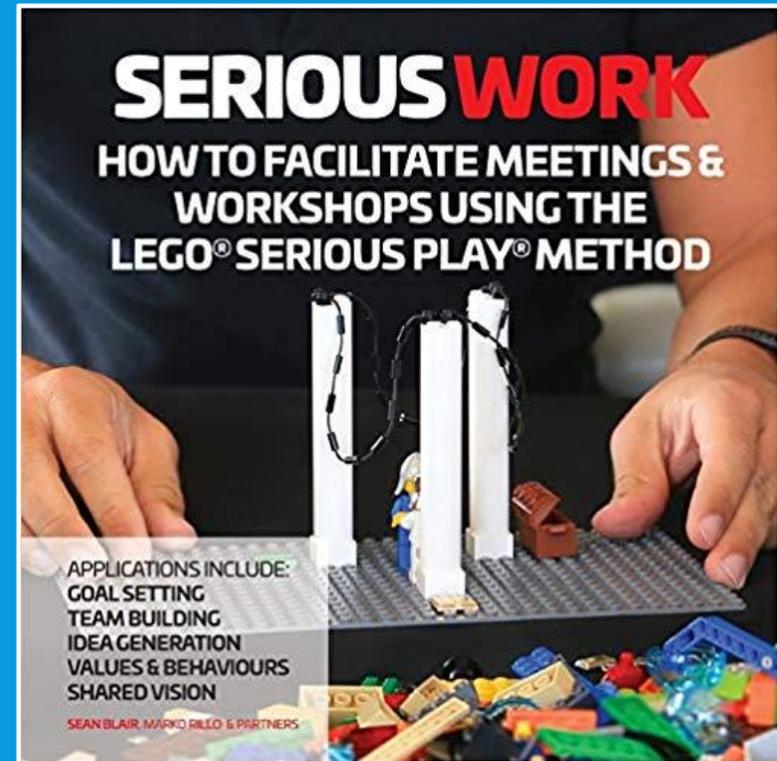
By the end of this session you will:

- Understand the key principles behind the LSP methodology
- Have developed LSP building, storytelling and reflection skills
- Be aware of how you can use the LSP methodology in your own context



Where did LEGO Serious Play come from?

- Invented 20 years ago by Johan Roos and Bart Victor
- Originally developed as a tool for managers to develop business strategies
- Now used more broadly, and is increasingly used in educational contexts



What is LEGO Serious Play?

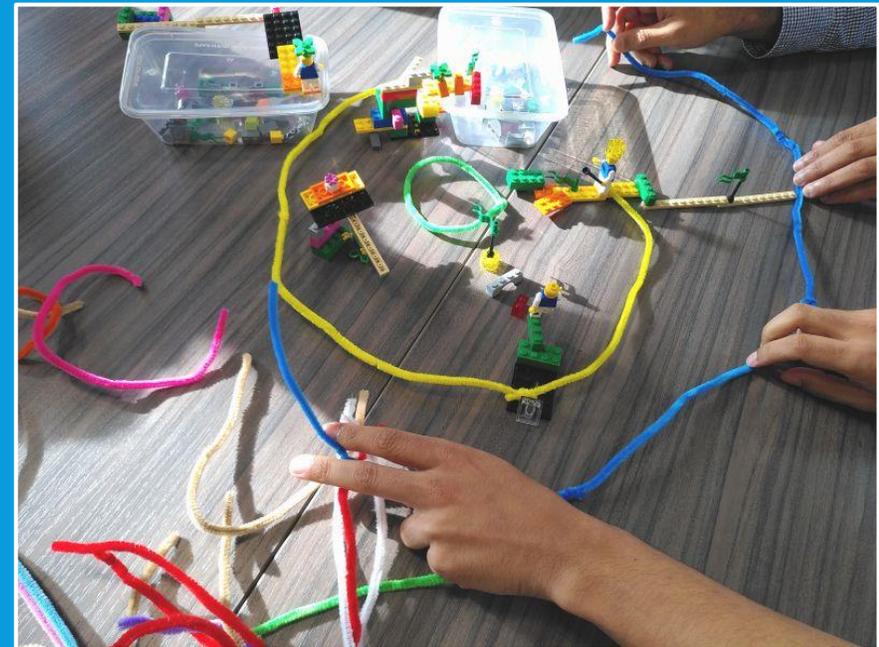
“The process is based on a series of challenges set as questions, a visual response to these, and the sharing of stories” (James & Nerantzi 2022).

But also offers a way to:

- Foster reflection
- Enhance empathy
- Build social connections

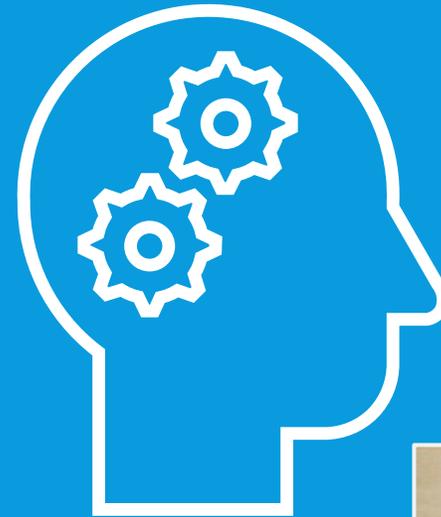
In essence it is:

- A tool for storytelling
- A vehicle for metaphor and imagination



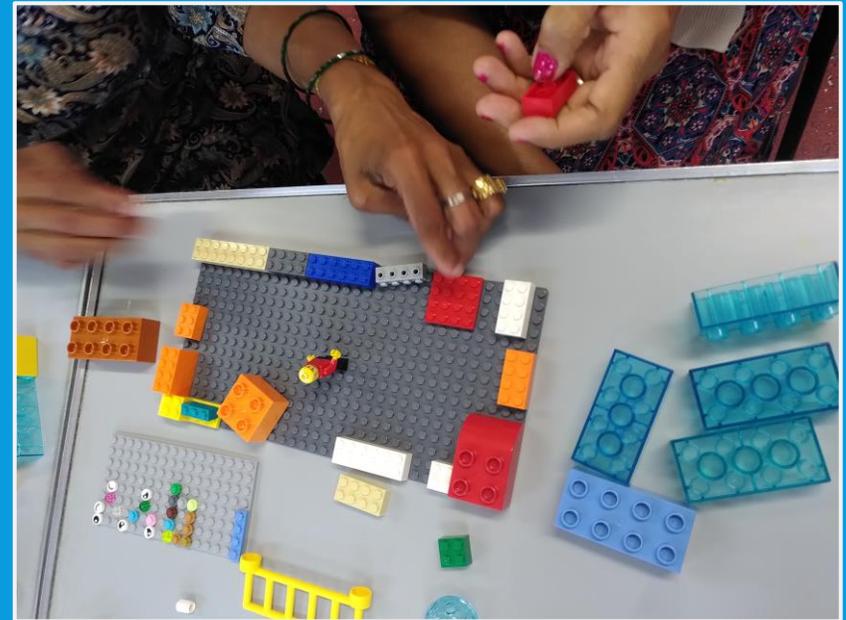
Constructivism made concrete

- Piaget's constructivism theory argues that we all build knowledge differently, based on our prior experiences (Wadsworth 1996)
- LSP makes these differences visible, both to ourselves and to others
- Enhances empathy and appreciation of other perspectives and experiences



Constructionism – thinking with the hands

- Papert's theory of constructionism (1991) argues that we learn best when we make things
- Gauntlett (2011) built on this theory to discuss the learning benefits of "Thinking with the hands"
- This approach is at the heart of LSP: participants are encouraged to follow their hands rather than their logical brain



What is the process?

- A series of exercises using LEGO bricks
- Participants build models responding to the facilitator's questions
- Participants share the 'story' of their model with the group
- They move from individual to group models
- Crucially, participants progress from making literal models to metaphorical ones



LSP Ground Rules

- Everyone owns their own model
- No pens or phones
- There is no right or wrong answer
- Everyone contributes
- Confidentiality
- Time



Animal Introductions

- Choose the Duplo animal that you most closely relate to
- Tell the rest of your table about the reasons for your choice



Choose 1 brick

- Choose one brick that appeals to you in terms of shape and/or colour
- Tell the rest of your table about the reasons for your choice



Build a superhero

- Use any 5 bricks of your choice to build a superhero
- Give your superhero a name and a superpower
- Share on your table



Build your role

- Use any bricks of your choice to create a model showing how you see your current professional role
- Don't think too much
- Just start building!



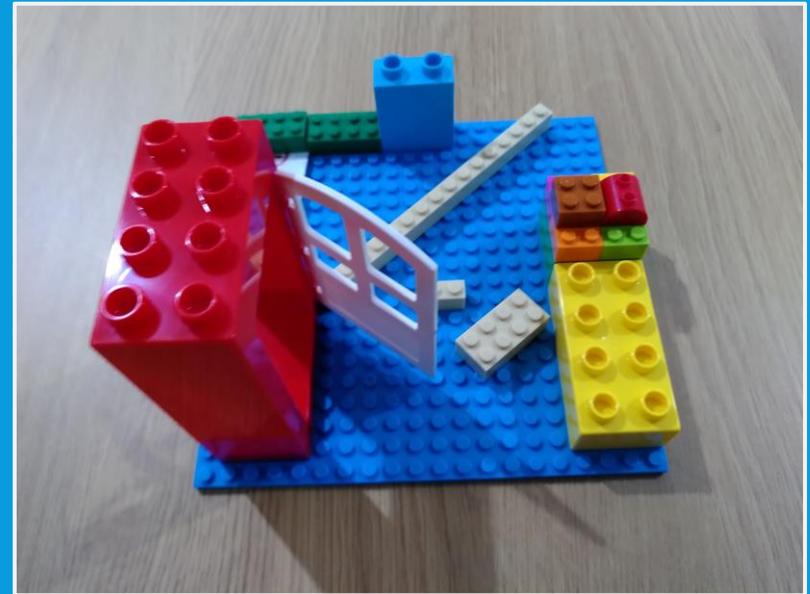
Share your stories

- Share the story of your model with your table



Why use LSP for teams?

- Fosters fast social connections
- Gives everyone a voice
- Creates shared knowledge
- Develops shared understanding
- Creates shared goals and direction
- Explores culture and identity
- Encourages self-awareness and reflection
- Externalises thinking
- Provides a catalyst for dialogue



Why use LSP in prison learning contexts?

- Accessible and engaging
- Visual and tactile
- Highly reflective
- Enhances listening and verbal communication
- Builds empathy
- Builds social connection



Questions?



Resources

Gauntlett, D. (2011) Making is Connecting: The Social Meaning of Creativity, from DIY and Knitting to YouTube and Web 2.0. Cambridge: Polity Press.

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