



Thera-Build®

We have Mrs Dyer who is trained to deliver this. It helps children to explore their emotions through Lego. It may be set up individually or as part of a group.

Thera-Build® is an adult led but child-centred therapeutic programme for building confidence, raising self-esteem, and encouraging purposeful conversation. It is Attachment and Trauma Informed and based on authentic, playful, active interaction with children and young people to improve social skills, build resilience, nurture positive relationships and promote good mental health, through shared construction experiences with LEGO® bricks.

There are many benefits to the use of brick-play, including improved: - Language and literacy skills - Social skills, self-expression and more effective communication - Problem solving, decision making and memory - Hand-eye coordination, spatial awareness and fine motor skills - Self-regulation, resilience, understanding empathy and impulse control.

If you would like more information about the Thera-Build®, please contact the school SENDCO: s.williams@gorsleygoffs.hereford.sch.uk

