

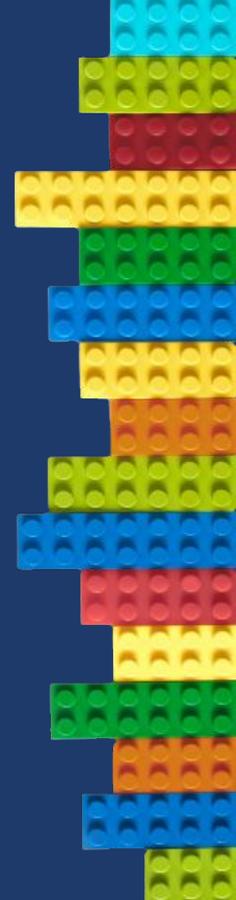
Building SEL with LEGO® Activities

Brick-Based Strategies for
Small Group Counseling

Presented by Derek Tulluck, M.Ed., NBCT



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION



Derek Tulluck

Elementary School Counselor,
Author, and Adjunct Professor



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION



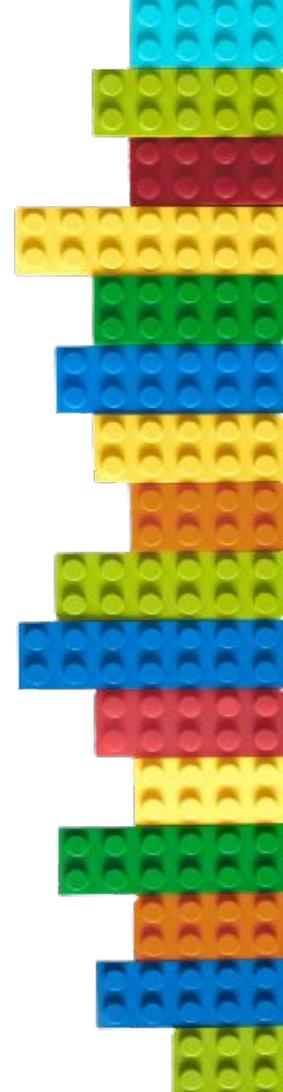
Learning Target

**By the end of today's session,
you will be able to:**

- Explain the rationale for utilizing LEGO® activities in group counseling to support SEL.
- Identify LEGO® activities that can be implemented to address various small-group topics.
- Competently facilitate small group LEGO® activities in your school.

Introduction

What is Brick-Based Counseling?

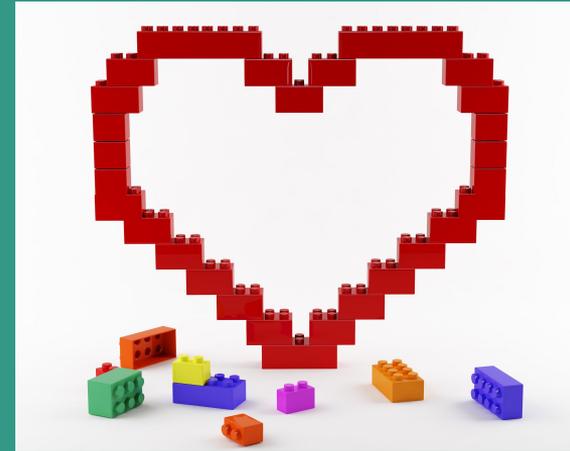


Key Ideas



Brick-Based Counseling utilizes LEGO® activities to help facilitate meaningful exploration and discussion of Social-Emotional Learning topics in a creative and engaging way.

There are also opportunities to integrate academic skills and support college and career readiness skills through project-based learning applications.



Art-Based Approach (“BrickArt”)



In many ways you can think of LEGO® materials as another medium for art making (like paint on a canvas).

These activities allow students to use LEGO® bricks to construct creative representations of social-emotional concepts and to express their thoughts and emotions.



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Collaboration-Based Approach



These activities emphasize the development of social skills and working collaboratively with others.

Provides ample opportunities for integrating interdisciplinary learning and academic skill building with a more project-based approach.



Alignment with Counseling Theory



LEGO® activities align well with a wide variety of counseling and developmental theories:

- Narrative
- Motivational Interviewing
- Solution-Focused
- Adlerian



Vygotsky	Activities can be differentiated to more closely match a student's <i>zone of proximal development</i> (ZPD) and support for skill development offered by the counselor as the facilitator and <i>more knowledgeable other</i> (MKO).
Bandura	Use of peer models demonstrating appropriate social-emotional skills aligns with Social Learning Theory as well as opportunities for building a strong sense of self-efficacy as they build LEGO® projects.
Adlerian	Collaborative groups create an environment for supporting the 4 Crucial C's (Count, Capable, Courage, and Connect) as well as a sense of social interest and meaningful contributions in group settings.
Cognitive-Behavioral	Negative self-talk statements can be written out and taped to LEGO® bricks and then physically deconstructed and reframed to more positive statements.
Postmodern	LEGO® materials can be used to create physical representations of emotions, conflicts, or other issues to facilitate externalizing the problem and exploring solutions. Activities can be aligned with various counseling techniques.
Family Systems	Family dynamics and roles can be explored with Minifigure® characters.

Building Together: Equity and Inclusion



LEGO® activities provide engaging and hands-on activities that allow for a wide range of meaningful opportunities for differentiation, participation, and expression for students with diverse learning needs or different abilities.



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Alignment with ASCA Standards



Activities can be implemented to support specific ASCA Mindsets & Behaviors and learning targets can also be differentiated to meet the needs of various students.

Self-assessment sheets can be completed by students as a tool for progress-monitoring and data collection.

Student Name: _____ Term: Spring 2021 Group: _____

ASCA Standard: B-SS 2. Create positive and supportive relationships with other students. Learning Target: *I can be a good friend.*

Success Criteria:
1. I respectfully shared my ideas and listened to others.
2. I used Kelso's Choices to solve problems when needed.
3. I was kind to others.

Score Chart

1 Point - Not Yet	10-12 points Superstar!
2 Points - Sometimes	7-9 points Way to go!
3 points - Most of the time	3-6 points Making progress!
4 points - All the time	

Week 1	Week 2	Week 3
I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4	I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4	I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4
Week 4	Week 5	Week 6
I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4	I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4	I shared my ideas and listened. 1 2 3 4 I used Kelso's Choices if needed. 1 2 3 4 I was kind to others. Total: 1 2 3 4



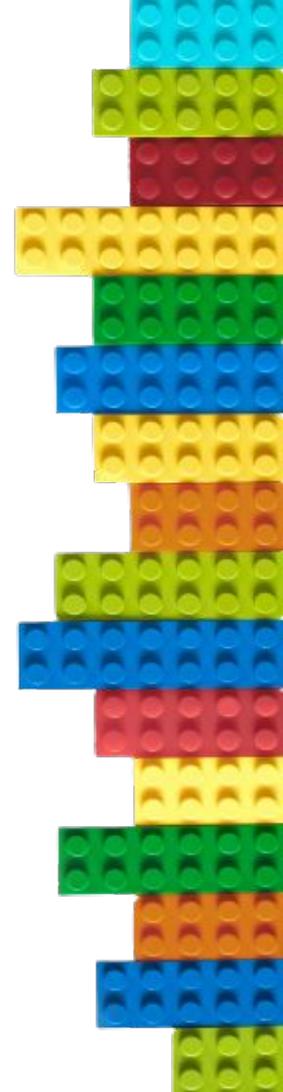
Instructional Application



ASCA Mindsets and Behaviors	Sample Activity
B-SMS 7. Demonstrate effective coping skills when faced with a problem	Students uses appropriate calm-down strategies when faced with a conflict as they are working together to build a spaceship with another student.
B-SS 1. Use effective oral and written communication skills and listening skills	Students collaborate to develop a presentation on an architecture project they have been collaborating on for several weeks.
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams	Students divide up tasks when collaborating to create a LEGO® stop-motion animation movie.
B-LS 1. Demonstrate critical-thinking skills to make informed decisions	Students work together to find a solution while designing drawbridge for a castle.
M 2. Self-confidence in ability to succeed	Students create a LEGO® structure representing a goal they are currently working toward and discuss steps they are taking to be successful.

Materials and Getting Started

Building Your Program



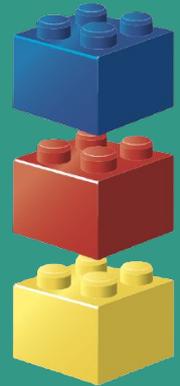
Materials Needed



A basic set of LEGO® bricks is all you need to get started.

The emphasis is on using classic LEGO® bricks as a medium for students to create and express their ideas around various SEL topics.

As your program grows, you may find it helpful to expand your collection or inventory of materials.



Benefits of Using LEGO® Materials



Engaging and Hands-On Approach

Minimal Preparation Required (No waiting for the copier!) and Materials are Durable

Promotes Play and Creativity-Based Exploration of Social-Emotional Topics

Opportunities to Support 21st Century Skills, Interdisciplinary Learning, and Integration of Academic Skills

Sessions can be “Preserved” and Revisited



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Health and Safety Considerations



Due to recent increased health and safety measures, here are a couple of things to keep in mind about using LEGO® materials:

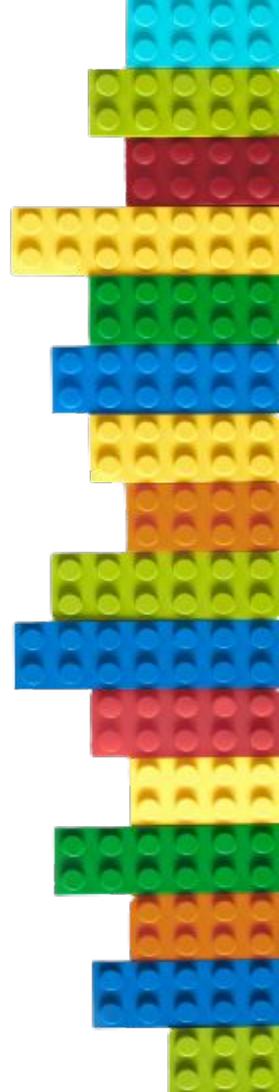
1. They can be sanitized and put on a rotation for usage
2. They can be presorted into ziplock bags as needed
3. Activities can be done with social distancing in place



Activities to Support SEL

Topics:

- Emotion Management
- Family and Life Changes
- Growth Mindset
- Social Skills



Emotion Management

Provides opportunities for students to explore various emotions and coping strategies through creative expression.

Also can pair well with a wide variety of books as an extension activity.

Example Activity: Islands of Emotions



Family and Life Changes



Provides an opportunity for students to explore how a variety of changes have impacted them.

Example: Garden of Change



Growth Mindset/Resiliency



Provides an opportunity for students to explore goal setting, overcoming challenges, and identifying coping skills.

Example: Shelter from the Storm



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Social Skills and Collaboration



Provides an opportunity for students to practice social skills, build positive relationships, and also allows ample opportunities for integrating academic content and college/career readiness skills.

Example: Architecture Projects



Additional Opportunities



Character Themed Groups (Super Heroes, Community Helpers, Adventure/Fantasy)

Social Stories/Stop-Motion Animation

STEM Challenges (Architecture, Engineering, Entrepreneurship, Design, Robotics, etc.)



Getting Started!



What are activities that you already do that you could expand on by adding a building activity?

Do I know anyone that might be interested in donating materials to help me start a new program?

What SEL needs are there in my school that I could address using a brick-based approach?

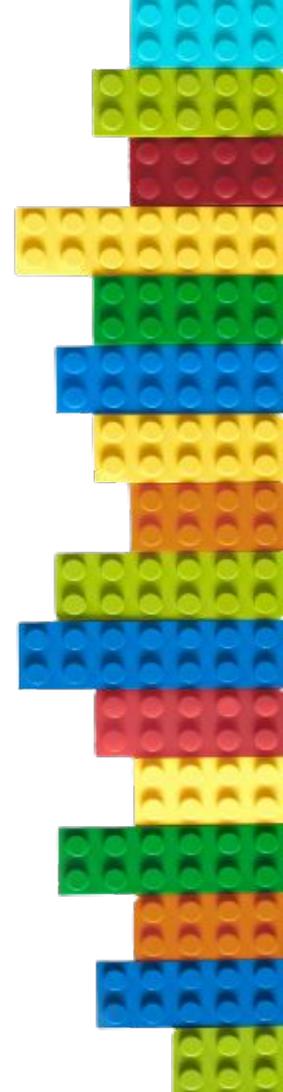
“The Gardener does not make a plant grow. The job of a gardener is to create optimal conditions.”

- Sir Ken Robinson

Closing Discussion

Q&A Session

Thank you!



Student Name: _____ Term: Spring 2021

Group: _____

ASCA Standard: B-SS 2. Create positive and supportive relationships with other students. Learning Target: I can be a good friend.

Success Criteria:

1. I respectfully shared my ideas and listened to others.

2. I used Kelso's Choices to solve problems when needed.

Score Chart

1 Point - Not Yet

2 Points - Sometimes

3 points - Most of the time

10-12 points

Superstar!

7-9 points

Way to go!

<u>Week 1</u>				
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
Week 1	3	4		
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
1	2	3	4	Total:

<u>Week 2</u>				
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
Week 2	3	4		
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
1	2	3	4	Total:

<u>Week 3</u>				
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
Week 3	3	4		
I shared my ideas and listened.				
1	2	3	4	
I used Kelso's Choices if needed.				Total:
1	2	3	4	Total: