

Core Skills Analysis

Occupational Therapy

- Manipulating Legos aids in fine motor skill development as children practice grasping, squeezing, and connecting pieces.
- Building structures with Legos encourages hand-eye coordination, enhancing spatial awareness and movement control.
- Choosing different Lego sizes and shapes fosters decision-making and cognitive flexibility, which are key areas in occupational therapy.
- The process of building promotes perseverance and problem-solving skills as children may need to redesign their structures when faced with challenges.

Tips

To further enhance the learning experience, parents and teachers could introduce themed Lego challenges that correlate with daily tasks, allowing the child to relate fine motor skills to real-world scenarios. Additionally, incorporating storytime where the child builds while listening to a tale can foster creativity and comprehension. Regularly rotating the types of Lego sets used can also keep the child engaged and encourage exploration of new concepts.

Book Recommendations

- [Goodnight, Goodnight, Construction Site](#) by Sherri Duskey Rinker: A gentle bedtime story featuring construction vehicles, it encourages imaginative play and serves as a perfect segue into Lego building.
- [Building Our House](#) by Jonathan Bean: This story illustrates the construction of a family home, showing the importance of teamwork and creativity, paralleling the building experience with Legos.
- [I Can Build](#) by Terry Border: This playful book invites young readers to envision various builds, sparking inspiration for their own Lego creations.