Let’s Build Together

Tips & Activities for Kids & Families

**Lego Life Lessons: What kids can gain through Lego play.**

**Creativity:** Dump a pile of Legos in front of a child and the possibilities are endless. Legos are a gateway to sparking creativity and imagination. Let those minds soar!

**Learning to Fail:** It’s okay to start over. It’s okay to make mistakes. Some of the best learning experiences happen when we fall short of our goals. It’s okay to feel disappointed and frustrated when this happens, but take a step back and find a different approach. Sometimes we need to ask for help, and that is a great skill to learn as well!

**Problem Solving:** Try, try again, is often the motto for Lego building. If one piece does not work as well as you want, there may be another one that will work better. Practicing problem-solving skills with Legos carries through to other aspects of life learning.

**Perseverance:** Legos take time and can be complicated. It teaches that sticking with it and trying different methods to get it to work takes patience and “grit,” but is well worth it in the end!

**Strength in Numbers:** The more bricks that are attached to each other the stronger your creation. Building a sturdy foundation is also key. Just like people, if we work together, we get more accomplished. “We are all in this together!”

**Following Directions:** If you have a Lego kit, such as Harry Potter, it comes with lots of directions to get your creation just right! The directions are kinesthetic, involving both visual and physical learning, working different parts of the brain and translating it to a concrete outcome. Play is work for the brain!
This Week’s Activities

Below are LEGO themed activities that will be fun for all ages:

CREATE: See if you and your family can do part or all of the 30 day LEGO challenge!

EXPLORE: Take a virtual tour around LEGOLAND California then check out a quick overview of LEGOLAND in Florida.

ENTERTAIN: Enjoy a free printable “Pin the Head on the Lego man.” Get in the kitchen and see what fun food creations you can make look like Legos! Here are some ideas!

Tip of the Week:

LOosen Your EXPECTATIONS!

Relieve some of the pressure for yourself and for your kids. Take it one day at a time. Give yourself breaks and give yourself grace to experience different feelings each day. All feelings are okay, and there is nothing wrong with allowing yourself to work through those emotions. If every assignment does not get done each day, it will be okay. The work will still be there tomorrow. Sometimes we have to step back and take a look at what is more important than school at that moment. Are all of your family's basic needs being met? Does your family feel safe? Social-emotional needs being met must come to the forefront in order for the learning to take place.