

## Embedding Mental Wellbeing: Methods and Benefits Collaborative Enhancement Project 2021

### A Mindful LEGO® Meditation

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This method combines mindfulness meditation with multisensory learning via LEGO® bricks to create a calming, tactile experience. The meditation can be used in a variety of learning and teaching contexts. These include: a way to calm anxiety before exams or assessments, a quiet route into social connection for those with learning differences, and a method for taking a break from academic work in order to boost resilience.

The meditation can be used with groups or individuals and in a variety of settings such as outdoors sitting on blankets, in a regular teaching space at small tables, or alone at home.

Ideally, the setting for this exercise is quiet and calm, gentle background music can work well or just the sounds of nature if outside. LED tealights can add to the contemplative atmosphere.

The materials needed are simple: just a pile of LEGO® bricks in the centre of the table or workspace, plus sticky notes or thought bubble cards (available within this resource), and pens to note down any reflections at the end of the meditation.

I usually use only white and clear LEGO® bricks as these have a calming effect and encourage a focus on shape and texture. However, any LEGO® bricks you have available can be used: you could consider limiting the colours used in order to foster a higher awareness of the form and tactile qualities of the bricks.

Participants can be guided through the meditation via printed handouts (overleaf), spoken word or via pre-recorded audio (available within this resource).

The meditation takes up to one hour, it can be more or less depending on how much time you wish to include for reflection/discussion. It also works well as a drop-in session (in this case written handouts work best).



**A Mindful LEGO® Meditation**

## **Build**

1. Sit comfortably, with the LEGO® bricks in front of you, and take a few calming breaths to centre yourself.
2. Look at the bricks, paying close attention to their texture, shape and size.
3. If it is comfortable for you to do so, close your eyes (or you may choose to have them partially closed).
4. Put your hand (or hands) into the pile of bricks. Pay close attention to the way that they feel. Are they warm/cold, rough/smooth, sharp/rounded?
5. Pick up one brick.
6. Open your eyes if closed and look closely at the brick you have chosen. Notice the shape, size, colour and texture of the brick, then place it in front of you.
7. Repeat steps 3 – 6 above to select another brick.
8. Slowly connect the two bricks together, taking your time and trying out different ways to do this. Keep focusing on the feel of the bricks in your hands.
9. Slowly continue to add more bricks, one at a time, without trying to build a specific object. Pay attention to the way that the bricks feel as you connect them, and to the shape, colour and texture of your growing 'model'.

## **Reflect**

1. Once you feel ready to stop building, pause and look at the model you have created. Does it suggest anything to you?
2. Reflect on how you felt while building your model.
3. Did the meditation trigger any new thoughts, insights or ideas?
4. Do you feel different in any way to when you started the Mindful LEGO® meditation?
5. Make a note of any reflections on sticky notes or thought bubble cards.

## **Share**

1. If appropriate, look at the models built by other participants. How does your model differ to others?
2. If you are happy to, verbally share your reflections on your model and the process.
3. Collate reflections: for example, this could be adding sticky notes to a whiteboard or hanging thought bubbles from a tree.

**Thought bubble template for reflections**



This document was produced as part of the [Collaborative Enhancement Project - Embedding Mental Wellbeing](#).