



LEGO® Joy for Adults

Taken from DK's book, LEGO® *Build Yourself Happy*, the activities below encourage adults to take a moment for themselves and rediscover the joy of play.

What you need

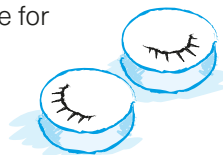
- LEGO bricks
- An adult-only space – a separate table to the children!



Close your eyes

LEGO pieces are fun to look at. But what if we don't rely on our visual sense for a little while, and take a new approach to LEGO play?

- Make sure you can reach your LEGO pieces.
- Close your eyes.
- Feel around gently in your box of bricks and select one LEGO piece.
- Take another piece and connect the two LEGO elements.
- One by one, add new pieces to your creation.

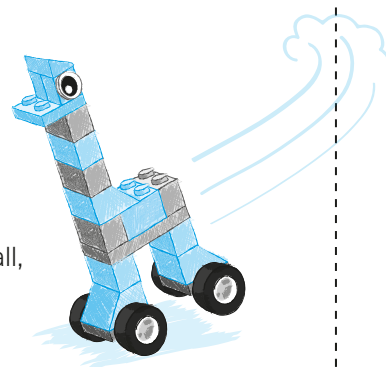


After you've combined ten to 12 pieces - or just when you feel like it - put your new build down on the table in front of you, take a breath and then open your eyes. Spend a few moments enjoying your creation and admiring its unique and unplannable structure. Maybe we don't have to worry about every last little detail all the time.

Things that make you happy

In our busy lives, we rarely allow ourselves enough time to stop and think about the things that really make us happy. Did you know that visualising happy things will actually boost your mood? And what better way to picture your happy things than with LEGO pieces!

- Start by picturing something that makes you happy - a giraffe, football, ice-cream, a book, or anything else!
- Dive into your brick stash and create the thing that brings a smile to your face.
- It could be as simple as two bricks in a colour that defines happiness for you or a simple build to make you grin.
- It doesn't matter if your build doesn't look exactly (or even anything) like the thing you had in your mind. Just build to be happy.



Content taken from LEGO® *Build Yourself Happy* | Available now