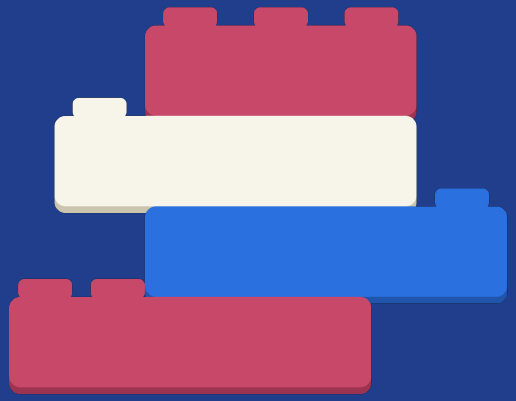
WORKSHOP FOR ACTIVE AGEING CENTRES



Brick by Brick

Building a Life of Purpose and Perseverance

A hands-on LEGO® workshop where seniors share the stories of their retirement life.

Presented by SPEC, a co-operative for PMETs

WHY BRICK BY BRICK

What seniors at your AAC stand to gain

Simple LEGO® building activities help seniors express life experiences and memories.

Recall and stimulate

LEGO storytelling supports memory recall and cognitive stimulation.

Express and feel

Creative play enhances emotional expression and psychological well-being.

Value your story

Sharing life stories strengthens identity, self-worth and life satisfaction in retirement.

Think positively

Build a growth mindset and confidence, worry less and manage daily stress better.

THE SESSION

One 90-minute workshop

10 min

Welcome and introduction

A short demonstration of how LEGO storytelling supports memory and the mind.

60 min

Build and share

Build a tower, then a model of life today. Share the stories behind each creation and rebuild a part to explore new possibilities.

20 min

Reflect and connect

Debrief, reflect and learn from one another through peer sharing.

1.5 hours | **Seniors 60+** | **15–30 participants** | **English and/or Mandarin**

YOUR FACILITATOR

Meet Josey Koh

JK

Josey Koh (Ms)

Grad. Dip. in Applied Positive Psychology and Mindfulness

- Corporate and WSQ Soft Skill Trainer
- LEGO® Serious Play® Facilitator
- Motivational Speaker
- Positive Psychology Practitioner
- Enneagram Practitioner
- Discovery Coach
- Laughter Yoga Leader

GET IN TOUCH

Bring Brick by Brick to your centre

We can schedule weekly sessions at your Active Ageing Centre. Contact us to find a date that suits your members.

EMAIL

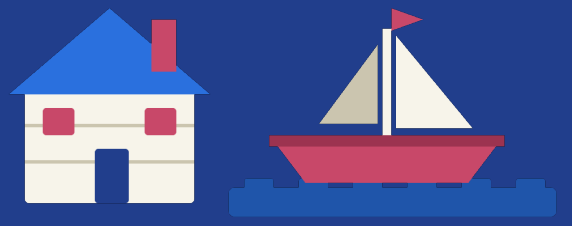
secretariat@spec.org.sg

CALL OR WHATSAPP

+65 8031 8318

VISIT

93 Toa Payoh Central, #05-01 Toa Payoh Central Community Building, Singapore 319194



LEGO® and LEGO® Serious Play® are trademarks of the LEGO Group, which does not sponsor or endorse this workshop.