Build and Break

PACK 3 / Tourette syndrome

INSTRUCTIONS & ADAPTATIONS FOR ADULTS



Short, supported play for children aged 3-5. Model, pause and let the child choose how to join in.

What you need

Large soft or lightweight building blocks.

Getting started

Prepare a stable space with large, safe blocks.

Try it together

1. Choose a simple tower or free building.
2. Build as much as feels fun.
3. Keep, rearrange, knock down or rebuild by choice.

Choices and adaptations

- Provide a soft, quiet alternative.
- An adult can place blocks as directed.
- No timed challenge or competition.
- Stop at any point.

How to keep it playful

Offer choices without checking for a correct response. Point, demonstrate, wait and follow the child. A little play is enough.

Safety: Use light blocks and protect hands and feet; never make children stay still.