

Exploring Pyjama Paralysis using LEGO® Serious Play™



Joe Langley @joelangley_
Vicki Goodwin @vickiG_physio



Learning Objectives

- explore thoughts and perspectives on the topic of pyjama paralysis
- learn about Lego® Serious Play™ methodology
- reflect on challenges and issues of co-production

LEGO® Serious Play™

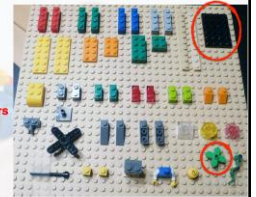


Build:

a tower;

- start with black plate
- top with green leaves
- use only green bricks + 1 other colour
- do not have to use all bricks of the two colours

you have 2 mins



Sharing



Rules

- *Everyone* builds!
- Can't think what to build? Just build - *meaning* will come
- You must ask permission to touch / modify someone else's model
- Whatever the builder says about their model is true
- The process will be **build, share, build, share, build.....**
- Please do not dismantle the models you build until we ask you

Build:
one of these

you have 2 mins



Sharing



Principles

- Empowerment - challenges the 80/20 rule
- Physical metaphor...
 - to explain complex ideas and concepts
 - to express individual perspectives
- Making or building...
 - to reflect
 - to unlock unconscious knowledge
 - to unlock imagination
 - to combine or blend perspectives, knowledge and ideas

Modify your model:
to represent what
pyjama paralysis is
to you

you have 1 min



Sharing



Advice

- *Don't* have a meeting with yourself - just start building
- *Trust* your hands. Let them pick the bricks they want
- When you tell your story, the meaning will emerge
- *Don't* get bogged down in the design

Build a model:
describe the causes of pyjama paralysis

you have 3 mins



Sharing



Build a model:
describe what might help overcome pyjama paralysis

you have 3 mins



Sharing



LEGO® Serious Play™

Tips for building shared models

- It must include something from everyone's individual models
- Do NOT change the meaning someone gives their model

- You are not trying to build a model you all agree on
- You are trying to build a model you can all live with

Reflections

...

Reflections

- Pyjama Paralysis
- LSP Learning Process
- Co-production

LSP In Health

Examples



