



# LEGO Mindful Building – Monthly Drop-In Sessions

Jul 18, 2025 · 12:30 PM – 1:00 PM · Novoa, Olga (ISED/ISDE)


 Join meeting


## Take a mindful break with LEGO®!

Join me every third Friday of the month from 12:30–1:00 PM ET (Ottawa time) for a relaxed, creative session where we build, unwind, and connect.

 No instructions, no pressure! Just bring your own LEGO® and build whatever you like.


 Each session includes a simple template to spark ideas (or bring your own project!).

 [Join via MS Teams](#) – camera optional, fun guaranteed.

 Let's play, relax, and recharge together!

## Description

### LEGO® Mindful Building – Monthly Drop-in Sessions:

- Hosted by:  [Novoa, Olga \(ISED/ISDE\)](#), User Experience Designer at ISED
- Inspired by: <https://wiki.gccollab.ca/Convergence>
- When: Third Friday of each month
- Time: 12:30–1:00 PM ET (Ottawa time) (30 minutes)
- Where: [Microsoft Teams](#)

## Purpose

### A calm, creative space for public servants to:

- Unwind and reset during the workday
- Engage in mindful play using their own LEGO® sets
- Connect with like-minded colleagues across departments
- Build freely or follow a simple monthly template

## How It Works

### No instructions, no pressure, just play!

- All levels and expertise

- Bring your own LEGO® set or bricks
- Each session will begin with a quick hello and a shared basic build template (*e.g., a mini chair, a tiny tree, a smiley face*)
- Participants can follow the template or work on their own creations
- Cameras on or off, your comfort matters
- No need to finish anything, this is about the process, not the product!

## Don't have LEGO®? No problem!

You're welcome to join just to watch, learn, and connect with others. Whether you're using LEGO® bricks, compatible alternatives, or simply curious about the experience, these sessions are open to all, from beginners to master builders. Everyone is welcome! 🌈

## Tiny Build Ideas for Monthly Sessions

Here are some simple, creative ideas using generic LEGO® bricks:

- [Watermelon Slice](#) 🍉 – Use red, green, and black bricks to mimic a juicy wedge
- [Ice Cream Cone](#) 🍦 – Stack tan and pastel bricks to create a cone with a scoop
- [Mini Robot](#) 🤖 – Use grey and blue bricks for a tiny tech friend
- [LEGO® Duck](#) 🦆 – A classic 4-brick duck (great for beginners!)
- [Rocket Ship](#) 🚀 – A vertical build with fins and a pointed top

## Joining

- No experience with LEGO® bricks or sets is necessary.
- Public servants from all departments are welcome to attend!
- These sessions are open to all skill levels, from curious beginners to seasoned master builders.
- Everyone is welcome to join in, build at their own pace, and enjoy the creative break.

## Recurring Teams Invite

LEGO® Mindful Building – Monthly Drop-In Sessions, take place 12:30–1:00 PM ET (Ottawa time) via [MS Teams](#) on the third Friday of each month.

[Message me](#) and I'll send you the recurring series for 30 minutes of mindful LEGO building each month.

If you can't join right at 12:30 PM, you are welcome to join the call later.

## Resources

### Free LEGO® Mini Build Instructions

The first place to start is this [free LEGO® mini build instructions database](#) where you can search and download thousands of free LEGO® guides!

From 2008-2020, LEGO® offered monthly free mini build instructions that are super easy to build with generic LEGO® pieces. Somebody collected over 12 years' worth of these free guides, and you can [view & download them all here!](#) With only a handful of generic pieces, you'll learn how to build a frog, truck, airplane, or something similar.

*All these instructions are trademarks of the LEGO® group.*

## 🎨 Free LEGO Creative Building Kits

If you're anything like me, you also have a box full of LEGO bricks mixed together from a variety of different sets. In that case, you might enjoy these free Creative Bundle Box instructions.

Starting in 2021, LEGO [released a new website offering](#) of LEGO® Classic Building Instructions. These are all free bundles with tons of building instructions per kit. Each kit usually has 4 to 26 guides that often have a similar themes. [Click through on each of the following](#) kits to see a full list of items and download the .pdfs.

## 🧩 Free LEGO® Instructions App

LEGO® has a new app called [Brickit](#) that scans your pile of bricks and tells you what you can build, 🚀

*It's what my 5-year-old self always dreamed of! 🧑🏻*

