

ART THERAPY RESOURCES



SAND TRAY ITEMS

These categories provide a general framework for the use and purpose of each toy, however, each client will bring their interpretation and meaning to a toy. Categorizing items is not integral, however, being aware of the distinct uses of some toys can help therapists develop a well rounded sand tray kit. Items should be selected for a useful purpose instead of simply collecting as many toys as possible.

TOYS/ITEMS

- ☐ Balls
- ☐ Band-aids
- ☐ Bendable doll family
- ☐ Mini broom, dustpan
- ☐ Building blocks
- ☐ Chalkboard, chalk
- ☐ Construction paper
- ☐ Crayons, pencils, paper
- ☐ Cushions/Pillows
- ☐ Dishes (eg. plastic)
- ☐ DIY Toy Tools (eg. Hammer, screwdriver, spanner)
- ☐ Dolls and doll furniture
- ☐ Furniture
- ☐ Hand puppets
- ☐ Hats of various roles (nurse, pilot etc)
- ☐ Masks
- ☐ Medical kit
- ☐ Musical instruments
- ☐ Mythical creatures
- ☐ Paints, easel, newsprint, brushes
- ☐ Pipe cleaners
- ☐ Plastic food
- ☐ Play money and cash register
- ☐ Play-Doh or clay
- ☐ Purse and jewelry
- ☐ Rags or old towels
- ☐ Rope
- ☐ Sandbox, large spoon, funnel, sieve, pail
- ☐ Soap, brush, comb
- ☐ Sponge, towel
- ☐ Telephone (minimum two to communicate)
- ☐ Toy soldiers and army equipment
- ☐ Toy watch
- ☐ Vehicles - Truck, car, plane, tractor, boat, school bus
- ☐ Xylophone
- ☐ Zoo animals, farm animals

FUNCTIONAL CATEGORIES

Some of the common categories for sand tray toys include:

- ☐ Container
- ☐ Sand (wet, dry, kinetic)
- ☐ Miniatures
 - ☐ Human
 - ☐ Animal
 - ☐ Mythical
 - ☐ Household and Hobby
 - ☐ Structures - fences, rocks, buildings etc
 - ☐ Landscaping
 - ☐ Vehicles
- ☐ Moldable - clay, play dough

PURPOSE CATEGORIES

The purpose of some items can also be identified into common categories including:

- ☐ Nurturing - dolls, baby items, families, houses, food, medical, communication based
- ☐ Protective - police, parents, teachers, pets, symbolic animals, superheroes, nature
- ☐ Combative - soldiers, superheroes, dinosaurs, dragons
- ☐ Creative - mythical and fantasy creatures
- ☐ Emotional release - sensory toys, bears, soft toys, religious items