

Creating Your Own Sand Tray for Virtual Sessions

Sand tray therapy is a powerful way to explore thoughts, emotions, and experiences using creativity and symbolism. Even in virtual sessions, you can create a personal sand tray at home to engage in this healing process. Here's what you'll need:

1. Your Sand Tray

Find a shallow container to serve as your tray. This could be:

- A plastic, wooden, or metal tray (around 12x18 inches, but any size works)
- A baking pan, storage bin, or even a sturdy box
- If you'd like, you can paint the bottom blue to represent water

2. Your Sand (or Alternative)

Choose a material that feels good to work with:

- Play sand (found at toy or home improvement stores)
- Kinetic sand (less messy and moldable)
- Alternatives: Rice, salt, cornmeal, or kinetic foam

3. Miniature Objects & Figurines

Gather small items that are meaningful to you. You don't need a big collection—just a few objects that represent different aspects of your life and emotions. Some ideas:

- People & animals (family members, pets, mythical creatures)
- Nature elements (rocks, shells, small plants)
- Buildings & vehicles (houses, cars, boats)
- Fantasy & spiritual symbols (angels, superheroes, fairies)
- Emotional symbols (hearts, keys, cages, ladders)
- Miscellaneous items (buttons, marbles, jewelry pieces)

Look around your home, visit a thrift store, or check craft stores for small, meaningful objects.

4. Keeping It Organized

Store your figurines in small boxes, bins, or bags to keep them easy to access. Choose a dedicated space where you can set up your tray during sessions.

Remember:

This is your space for self-expression and healing. There's no right or wrong way to use it—just follow what feels natural. I'm here to guide and support you as we explore your world together through sand tray therapy. 🧡

Let me know if you have any questions or need help getting started! 😊