

IDEAS FOR PRACTICING VIRTUAL SANDTRAY THERAPY

- I would say speak more to the parents and just check in with the kids. Since they're not in school, they might be doing better anyway and may not need as much. -Rhonda Hill
- I worked virtually with an 11 year old yesterday. Had her select something in her room that showed how she felt. She selected a horse figure (her) and a purse (her house). She then put the horse in the purse and closed it. Was able to then process her feelings of being stuck and trapped. We then talked about ways to feel less trapped while being "in the purse". Worked much better than I thought it would. -Gaye Vance
- I'd definitely include parents in telehealth with littles. So attachment work to help with the changes. Read a book to them with parents there, some CCPRT or Filial work. :-) we can do it! -Dana Smith
- Have a parent blow bubbles and child pops bubbles with different body parts (i.e. elbow, clap them, forehead, etc.).
 - Cotton ball/lightweight ball blow. Have the parent and child sit next to one another with their hands cupped together so they can blow a cotton ball or lightweight ball (or feather!) from one hand to another. You can also have them turn this into a soccer game where they have it on the floor or table and blow really strong back to one another. For deep breathing.
 - Do a scavenger hunt on things they can see, smell, taste (maybe not taste...lol), feel, and hear from around the room. Or do a scavenger hunt of different things (i.e. something green, a circle, something soft, etc.) For mindfulness.
 - Have them introduce a favorite toy or favorite room (or even family member or pet!)
 - Have them draw a heart and color in the feelings they are currently experiencing
 - Progressive story telling. You start with "Once upon a time there was a _____ who was feeling _____ because of _____" and go back and forth telling the story.
 - Working on gratitude by writing what they feel lucky for on four leaf clovers (gotta get in the holiday spirit!)
 - ABC mindfulness -- find objects around the room that start with each letter of the alphabet.
 - Virtual sand tray -- collect 10 things from house and arrange it on a piece of paper or have them draw on a paper as if it is a sand tray
 - Rip up construction paper and glue it on regular paper to make a design
 - Play would you rather, never have I ever, Name 5... etc. conversation starter games. I found a bunch on Pinterest that are appropriate for kids
 - Have kids scribble on a paper for 30-60 seconds. Have them use a different color marker to find objects in the scribbles. For mindfulness.

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- Fold a paper into 6 or 8 squares to make a comic strip
- Make a one color mandala about their day or experiences (have them use a color that expresses their emotion and put something in the middle of the circle that describes why they feel this way and just finish the mandala from there)
- Make puppets out of paper bags (if they have paper bags)
- Make music out of things from around the house (pots/pans, salt shaker, etc.) Do back and forth sounds with them.
- Use paper to draw a character (I told my young client to draw a monster) then have them tell a story about that monster. It's amazing what they come up with! My client's monster was ANGRY so we came up with ways to help reduce that monster's anger (through smelling the cookie and blowing out the candle deep breathing techniques. Had the client draw a cookie and a candle).
- Have the client pick a toy and have them tell a story about that toy. I bought a few items at the dollar store so they could tell me a story about my characters.

-Amanda Hjalmarsson

- If using telehealth..couldn't we have clients use a bucket or Tupperware and use salt or rice or flour for sand tray? Or maybe have them tape off a section in the floor and that be their sand tray??? They can make miniatures out of paper and pen if need be? -Nicole Miller
- Sometimes I have clients create a sandtray scene with their toys at home on the floor. You can ask parents to tape a square on the floor to mark boundaries, but I haven't done that. -Reina Calm
- I also feel like most sandtray directives could work as an art intervention. We've asked all clients to keep art supplies handy for sessions. -Sarah Stroup
- I heard of people showing the kids the mini collection via video and having them select figures and guide you placing in the tray for them. Or you can assemble some dollar store items and send to them for their own home trays. -Kennedy Niatsac
- Large piece of paper and 10 miniatures from their own toy collection - can be non directive or give a directive from there. -Kate A Fylan
- Wanted to share an idea with other therapists who are trying to figure out how to navigate telehealth with littles, like me. I made these little boxes for my play therapy clients with art supplies, mindfulness tools, a couple small toys, etc. The lid flips over to make a "sand tray" (shelf liner hot glue to the plastic lid) and I added a small bag of minis. I also printed off a feelings chart for each box and a list of board games we can play together over video sessions. -Sarah Loughride

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- Since I've been doing video chat, I just show them shelf by shelf and they tell me what they want and then they tell me where to put it in the tray. Then we process. -Stacy Stegeman
- Have the kids set up the games they have in their house and teach you how to play... you can roll dice at your end and they can move for you. Add discussion of feelings to the game by assigning a feeling to a certain number on the dice... if you roll that number, you move plus say something about the feeling. -Lindsay Patch
- Use items around their home to create a tray (using a box or tote, anything that resembles a sand tray. Some may choose to leave the bottom bare or use some household material to replace the sand (ie. cotton, shredded newspaper, shells etc.) The tray can reflect any issue they have been dealing with during the time in between sessions or a spontaneous tray guided by their subconscious. - Lori Carlsen
- I have the Virtual Sandtray App. I mirror it on my shared screen and have the client choose miniatures and direct me how to place them, size, position elevated or not, etc. I also use the Whiteboard to play games like Pictionary and Hangman. We use words related to treatment objectives, feelings they're experiencing, coping tools and practices we've worked on, etc. Oh...and for those who play Minecraft, we can use the creative mode to build worlds, then process like a sandtray.--Marie Reynolds

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Games we can play together when we're far apart...

Candy Land

Chutes and Ladders

Memory

Clue

Uno

Phase 10

Operation

Yahtzee

Farkle

Apples to Apples

Guess Who

Go Fish

Battleship

Pictionary

Hangman

20 questions

(Probably a bunch more! Which games can you think of?)