Using Sandtray with Small Groups

Sara McGinnis, LPC, RPT
School Counselor at Plaza Middle School
Park Hill School District
Kansas City, Missouri
mcginniss@parkhill.k12.mo.us
Sandtray Review

- Use miniatures to build worlds and process events/feelings in a non-threatening way.
- Third Person
- Tactile—a kinesthetic, sensory experience
Materials Needed

• Sand
• Trays
• Miniatures (categories)
• Storage
My Current Set-up
My Current Set-up
My Current Set-up
Small Group Topics

- Conflict Resolution (see lesson plans attached)
- Friendship
- Self-Esteem
- Anxiety
- Other Ideas?
Logistics

- 3 to 5 group members max
- Secondary level-same gender
- Can work in individual trays or one large tray
- Time Frame: 30-40 minutes is ideal; meets weekly for 6-8 weeks.
Basic Stages of Group Using Sandtray

- Member check-in
- Sandtray directive
- Choose miniatures
- Build
- Storytelling
- Summarize
Sandtray Statements

- I wonder.....

- I’m noticing....

- Can you say a little more about her/him..

- Let’s turn the tray; tell me what you notice from this perspective
Student Examples
Student Examples
Let’s See it in Action!

• Do I have any volunteers?
I Want More!

- Take a Sandtray class(es)
- Become a Registered Play Therapist