

## **Virtual Sand Tray Therapy Course Set up and Materials - June 26, 2026**

We are very excited to have you join us for this training. As this is a sand tray training, there are a few extra things that will help ensure you are able to get the most from the day. This can also act as a guide to help you support your clients in physical sand tray done virtually.

You do **not** need a professional sand tray collection to participate. The course focuses on symbolic expression, therapeutic presence, and clinical application. Everyday objects often carry rich personal meaning and can be just as powerful as traditional miniatures in experiential learning.

In this document are the ZOOM link and some extra information about special set-up requests for the sand tray activities.

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### Zoom Meeting Information

<https://us02web.zoom.us/j/86111976875?pwd=EjksXU2qNwb2y1KfzbxAsKEgZGdvwq.1>

Meeting ID: 861 1197 6875

Passcode: 672938

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One tap mobile

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Join instructions

<https://us02web.zoom.us/join/86111976875?signature=mx66LwbODzzbMvdJhsDIN3T02-f6TrgMMNI4ixZ0ZI>

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## **Supply List**

To help create a meaningful and engaging virtual sand tray experience, participants are asked to gather a small collection of materials before the course. These items do not need to be purchased—many can be found around your home, office, or outdoor environment.

### **Required Materials**

#### **A Defined Workspace**

- Small tray (cookie sheet, serving tray, shallow box lid)
- Placemat or Towel
- Large sheet of paper

This will help define the contained space, help with moving the tray around, and contain spillage.

### **Recommended Materials**

- Container, at least 9x12 if possible, for loose material
- Kinetic sand, Play sand or Rice
- Miniatures
- Small flashlight or tea light (battery operated) or candle

### **Symbolic Objects (15–30 Items)**

Gather a variety of small objects that can represent different people, emotions, experiences, and ideas. Examples include:

#### **People & Relationships**

- Small figurines
- Peg dolls
- Lego figures
- Game pieces
- Miniature animals

#### **Nature**

- Rocks
- Shells
- Pinecones
- Leaves
- Feathers
- Crystals

#### **Structures & Places**

- Small boxes
- Blocks
- Toy furniture
- Building pieces

#### **Movement & Journey**

- Keys
- Coins
- Toy vehicles
- Bridges (homemade or miniature)

#### **Symbolic Objects**

- Candles (unlit)
- Hearts
- Buttons
- Jewelry
- Charms
- Tokens

### **Animals**

- Toy animals
- Stuffed miniatures
- Animal figurines

### **Miscellaneous**

- Any object that feels meaningful, interesting, or symbolic to you

*Diversity is more important than quantity.*

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### **Technology Requirements**

- Computer or tablet with camera and microphone (for multiple perspectives - tray and client's face - it is possible to use both a laptop and phone, or a phone with dual camera function)
  - Stable internet connection
  - Zoom (or course platform) installed and tested
  - Camera positioned so you can easily show your symbolic scene when requested
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### **Creating Your Space**

Before the course begins:

- Choose a private, quiet location
- Have all materials within reach
- Ensure good lighting
- Position your camera so you can remain visible while working
- Have water, snacks, and comfort items available