

# Sand Play Therapy



Sand play therapy is a nonverbal, therapeutic intervention that makes use of a sandbox, toy figures, and sometimes water, to create scenes of miniature worlds that reflect a person's inner thoughts, struggles, and concerns.

This approach can support young people to communicate through playing with sand and miniature props – such as figures, animals and vehicles. It can be a helpful approach for our students who may have difficulties in processing and verbalising their thoughts and feelings.