

## Directed Sandtray Ideas

Adapted from: [http://jehdnet.com/journals/jehd/Vol\\_4\\_No\\_1\\_March\\_2015/6.pdf](http://jehdnet.com/journals/jehd/Vol_4_No_1_March_2015/6.pdf)

### Directed Sandtray Ideas for Adults

1. Create your world / create a tray about your life
2. Create a tray that describes your beliefs, thoughts, or feelings about ...
3. Create a tray that describes how you feel right now.
4. Create a tray about the emotion \_\_\_\_\_ (fill in the blank).
5. Create a scene about what keeps you up at night.
6. Create a tray about a challenge you have faced in your life.
7. Build a scene that describes your relationship with ...
8. Build a tray to show the meaning of ... in your life.
9. Build a scene that describes a time in your life when ...
10. Build a tray about the decision you made to ...
11. Create a tray that shows what it means to be a (good) wife, husband, mother, father, son, daughter, etc. (this prompt can also be used with work titles).
12. Create a tray that describes your journey/path...
13. Solve your issue or problem in the tray (e.g., examine multiple sides of an issue or problem in 2 separate trays or on different sides of the same tray).
14. Create a scene about what your life would look like without \_\_\_\_ (a version of the miracle question used in solution-focused therapy).
15. Build a genogram/family tree (e.g., focusing on the member characteristics and/or relationships; using only animals, foods, musical instruments, or some other category that has personal meaning to you.).
16. Recreate a scene or memory from your past/a specific scene of interest.
17. Create a scene about where you would like to go if you could take a vacation this week.
18. Create a tray that describes your current home/living situation.
19. Create a tray that describes your ideal home/living situation.
20. Make a tray about your happiest/saddest childhood memory.

### Directed Tray Ideas for Couples

1. Create a scene about how you met.
2. Create a scene about your strongest memory as a couple.
3. Create a scene about how you see this relationship in 5 or 10 years.
4. Create a scene about the house you would like to buy together.
5. Create a family tree/genogram that blends both of your families of origin (using animals or some other category of miniatures that is meaningful to you and your partner).
6. Create a scene that describes how you communicate as a couple.
7. Create a tray that describes what ... means in your relationship/marriage (e.g., trust, love, commitment, etc.).
8. Create a scene from the town you grew up in (or the house you grew up in) and then take your partner on a tour.
9. Collaborate on a scene that shows what you would do if you won the lottery (again, this is an example of the miracle question).

10. Create individual trays about what attracted you to your spouse/partner.
11. Create individual trays about how this relationship has changed each of you as individuals.
12. Create 2 trays (one each) about ... and after describing the trays to each other, create a third tray that blends the elements you each felt were essential in your individual trays (e.g., where you want to be as a couple/family in 5 years, or any other directed tray idea).

### **Directed Tray Ideas with Religious/Spiritual Themes**

1. Create a tray that describes your spiritual journey/path (in childhood, so far in life)
2. Create a tray that describes your beliefs about God/higher-power.
3. Create a tray that shows your beliefs about death.
4. Create a tray about the temptations or challenges you have faced in your life.
5. Build a scene that describes your relationship with God(your church, church family, higher-power, etc.).
6. Build a tray to show the meaning of prayer in your life.
7. Build a scene that describes a time in your life when you knew God was with you (or when you felt he had abandoned you).
8. Build a tray about a time when you questioned God's plan for your life.
9. Build a scene that describes a time when your religious beliefs influenced (or failed to influence) your decision(s).
10. Build a scene about your baptism or what it means to you.
11. Build a scene about the influence of God in your marriage.
12. Create a tray that shows three things you would like to be remembered for after you die (similar to the epitaph prompt used in journaling).

### **Directed Tray Ideas for Older Adults**

1. Create a tray that describes the major lessons you have learned in your life.
2. Create a tray about the skills, knowledge, or insights that you have gained that have surprised you.
3. Create a tray about your biggest accomplishment to date.
4. Create a tray about something you would do differently if you had the chance.
5. Create a tray about something that makes you proud (or fill in another appropriate emotion).
6. Create a tray about the things for which you are most thankful for in your life.
7. Create a tray about your biggest accomplishment to date.
8. Create a tray about something you would do differently if you had the chance (a personal regret).
9. Create a tray about things have changed in the last year (or since a major change such as moving to assisted living, nursing home, etc.).
10. Create a tray about what you'd like your life to look like this time next year.

### **Directed Tray Ideas for Counsellors (PMA)**

1. Create a tray that describes the way you feel about a particular client.
2. Create a tray that explores your conflicted emotions about being a counsellor.
3. Build a scene that describes your journey to becoming a counsellor.