For the training you will need about 20 objects, representing some if not all of the categories list below. You will be working with these objects, so select objects that are meaningful to you or those you are privileged to journey with. You can gather items from toy stores, dollar stores, second-hand shops or borrow from your children (with permission of course). If you don't have access to these, please find photos/pictures of items you find meaningful and perhaps are culturally diverse- paste these to cardboard stock and tape to a popsicle stick.

*This is a list taken from De Domenico, G. (2004). Introduction to Sandtray Worldplay the Tool. Oakland:California. Vision quest into symbolic reality publications*

*Your basic categories of miniature (images) objects (De Domenico, 2004, p.5-6).*

1.     Multicultural People and Humanoid Life forms: grouped together as females, males, couples, children, and social groups. Show a full range of activities, behaviors, professions, sizes, emotions, attitudes, races, cultures etc.

2.     Animal and animal communities: show individual variation in color and size

3.     Plant life, reflecting the lifecycle from seed to barren branches to broken branches

4.     Natural objects of all sorts: rocks both ordinary and precious; polished and naturals woods; seashells; feathers; bones; eggshells; tumble glass; dried flowers; lichen; bromeliads; etc.

5.     Glass beads and marbles

6.     Environments belonging to different cultures and historical epochs: furniture, houses, monuments, hospitals, schools, fire-and police departments; churches etc

7.     Transportation and communication of all kind

8.     Pre-historic and fantasy creatures of all different sizes and color

9.     Miscellaneous art materials

10.  Modern and ancient miniature art sculptures; 20th century heroes and heroines and villains, cartoon figures

11.  Sand and Water tools

12.  Planetary, earth and space symbols

13.  Food

14.  Topographical and geological symbols: caves, tunnels, arches etc

15.  Reflective surfaces and illuminating objects: mirrors, lights, candles, and torches

16.  Ordinary, cultural and mystical treasures of all kinds, including treasure boxes, dragon treasures, gold coins, national and political icons, etc.

17.  Magical figures: magicians, sorceresses, priests, priestesses, ghosts, elementals, nymphs, Gods and Goddesses, including satanic and angelic beings and personalities, etc

18.  Death objects, birth objects, tombs, wombs, incubators; hospitals and recovery centers, war and weapons; blood; (food-dye or red play dough)

19.  Fabric of different colors and textures; different colored string; rope; wire;

20.  Indigenous, religious, sacred and spiritual images from different cultures and epochs

21.  Plastic, pewter, wooden, golden and colorful images

22.  Fences, blocks, stones, street signs etc

23.  Broken, hurt, and fragmented objects, including various animal-plant body parts

24.  Play-Dough or Stick'em for attaching objects together during play

A container 20" by 24" and 3 to 4”deep painted blue on the underside. "Without using peripheral vision, the builder can see every part of the tray." If you do not have access to this due to Corona Virus,  you can utilize the cardboard bottom of a case of soda or a clear plastic rubbermaid container with the underside painted blue.

Sand or rice