

SANDTRAY SUITE

MODULE 4: KINETIC SAND VS. SANDS ALIVE

OK. So, a lot of people ask me, “What about water in the sandtray?” And again, I go back to personal preferences. But for me, I don’t like to offer water in my sandtray, just because it gets really messy. I’ve done it before and just the logistics of getting water in the sand and then it drying out and then it can be smelly if you don’t have the right kind of sand. Anyway, so I just opted out of doing that. But again, you can if you want to. I’ve known some therapists who have spray bottles to use water. But, what I do rather than offer water, is I have a couple different kinds of sand that I offer especially my kids. The kids are the ones who use this. Adults hardly ever touch it.

So one of them is what we call *Sands Alive*. Some of my kids call it *FLOOP*. That say what it feels like. It kind of feels like biscuit dough. But one of the things to notice here, as you can see, is that it kind of gets in my hands. And then it gets in the floor. And what we had to do is put some of those plastic things that goes under rolling chairs below the sandtray so that it’s easier to clean up, because it will get in the carpet and it won’t come out very well. So just, FYI, if you’re going to be using this, just be aware that sometimes it can get really messy. But, it sticks together, such like this. And the kids just love it. And, I can’t imagine taking it out just because the kids will often build and play in the sand without even using any miniatures when they have this kind of sand. This again, is called *Sands Alive*. You can get it from **Play Therapy Supply** and I’m sure **Amazon** as well. It’s the newer kind of what is normally referred to as Kinetic sand. And if you can see this, it also kind of has that wet feeling. It feels like wet beach sand. You can also put it together, but it really doesn’t stay together as well as the *Sands Alive*. So before I got this, my kids played with the kinetic sand. This is the traditional, actual brand of kinetic sand. I ordered off of Amazon. I would not get the off-brand kinetic sand because oftentimes it smells. And talk about getting

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into your carpet. It can be really a nightmare to get up. So, if you're going to get kinetic, I would definitely spend the extra money and get some brand name kinetic sand.

So, these again, I use in place of offering water and it often does just so fine. The kids love it and it's much more practical for me in my sandtray room.