

# SANDTRAY SUITE

## WOODEN TRAYS

*3 minutes*

I want to tell you about wooden trays. Now, once you start really getting into Sandtray and you're able to have a space, or maybe you can stay in one place all the time. You're probably going to want to switch to a wooden tray just because it looks nicer and it makes you feel a little bit more professional than using a plastic one. Now plastic ones are great. I used them for years. And again, it did not make a difference in how much progress I made with my client, but again, I always like to make it look as nice as I can in my Sandtray room. And one of the other things that's really helpful with wooden is that it lasts forever. Now with the wooden trays, you can order these. There are several different places on line. Again, I'll put those in a document below this so you can have it to look and see if you're wanting to order some of the wooden trays. You can also have a local handyman build you trays as well. I'll be putting the dimensions of my trays below this as well, so you can get a good understanding of kind of what I prefer and what I've found over the years to be very helpful with the size of the sand trays that I give people who come to my Risk Training, or that I have in my own sand tray room, as well. So, what you're going to need to look for when you do a wooden tray is you could have whatever color on the outside you want. But, I would definitely try to have blue on the inside, and you can use marine paint, or stain, or whatever you want to put on the inside, just for practical reasons. The practical reasons are that when you have kids move the sand across from each other, like, "OH WATER!" They like to use the blue as sky. It also come from the Jungian tradition of the four elements, you know, water being one of the elements, and so, that's where the blue originally came in. But, I like to use blue, again if I can, just for a practical standpoint as well. But, it doesn't mean, again, if you have a wooden tray, and don't have blue, it's a deal breaker, because that's definitely not the case. So, again, I have several trays behind me, that you guys can see that are all kind of different sizes, different colors. And one does not get used more than the other in regards to what the different colors, and sizes, and shapes are, as well. So, again, I encourage you, to

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once you fall in love with sandtray and you realize you are using it all the time, to really up your game, and get yourself a wooden tray.