



## **Play Therapy Toolkit Essentials**

### **Toys need to be Selected NOT Collected**

### **Play is a Child's Language - Toys are their Words.**

#### **Puppets**

- Wizards, Nurses, Doctors, Helpers, Crocodile, Spiders.
- Materials for Making Puppets (socks, brown paper bags, markers, wool, sequins, googly eyes and PVA glue).

#### **Music and Movement**

- Musical Instruments (drums, triangles, xylophone, shakers - 2 of everything).
- Craft Materials For Making Musical Instruments (rice, lentils, cylinder tubes).
- Scarfs, Ribbons, Pom Poms and Fans.

#### **Role Play**

- Dolls House x 2 (if possible, dolls house to include an attic), People and Furniture.
- Baby Dolls, Bottles, Soothers, Blankets and Clothes.
- Toy Phones x 2.
- Cars and Trucks.
- Pop Up Tent, Blankets, Cushions.
- Doctors Kit, Disposable Gloves, Band Aids and Medical Masks.
- Toy Swords x 2.
- Dress Up Clothes (policeman, princess, king, incredible hulk, spiderman, magicians cape, hats, custom jewellery and sun glasses).
- Plastic or Wooden Kitchen Dishes, Plates, Cups and Eating Utensils.

#### **Art and Clay**

- Paint and Paintbrushes.
- Crayons, Colouring Pencils, Chalk Pastels and Markers.
- Large and Small Bottles.
- Glass Jars.
- Coloured Sand.
- Paper and Card all Colours and Sizes.
- Scissors.
- Lollypop Sticks.
- PVA Glue and Pritt Stick.
- Paper Plates and Paper Masks.
- Materials for Crafting/Construction (boxes, cylinders, egg cartons, etc)
- Glitter, Feathers, Sequins, Googly Eyes and Stickers.
- Paper Cut Outs of Boys/Girls
- Clay (large bag of grey or brown clay and clay cutting tools).

#### **Sensory Play**

- Shaving Foam.
- Activator.
- PVA Glue.



- Conditioner and Salt.
- Lentils, Rice, Chick Peas and Porridge Oats.
- Water in a Clear Container.
- Robofish.
- Playdough.
- Essential Oils.
- Hand Cream.
- Waterbeads or Orbeez.
- Bag of Balloons and Bubbles.

## Nice to Have

- Duplo and Lego.
- Fidget Toys in a Basket.
- Dixit Cards.
- Pop up Tunnel and Tippy Tent.
- Cash Register and Play Money.
- Toy Kitchen and Plastic/ Wooden Food.
- Tuff Tray.
- Toy Garage.
- Nerf Guns and Handcuffs.
- Cozy Corner with Cushions, Bean Bag and Blankets.
- A Jail and A Castle.
- Dart Board.
- Blackboard and Chalk.
- Whiteboard with Markers and Magnets.
- A Punch Bag.
- Puppet Theatre.
- Boardgames (Jenga, Dobble, Connect 4, Headbandz, Jenga Blocks, Snakes and Ladders, Whack a Mole)
- Children's Therapeutic Story Books (Huge Bag of Worries, The Kissing Hand, The Invisible String, A-Z of Minding Me, Mindful Monkey Happy Panda, The Little Engine that Could, A Terrible Thing Happened, Mum and Dad Glue, Two Homes and Have You Filled a Bucket Today).

## Practical Items

- Child Sized Table and Chairs.
- Mirror.
- Access to Sink or Basin for Handwashing.
- Apron for Painting.
- Basin and Bucket.
- Bowls for Mixing and Wooden Spoons.
- Wet Wipes and Kitchen Roll.
- Tarp/Oil Cloth for Messy Play
- Containers for Storing Clay, Slime etc (e.g. plastic take away containers)

## SandPlay

- Sandtray with blue base x 2 one for wet sand play one for dry sand play.
- Sand.
- Basket with Sieve, Scoop and Rake.
- Symbols and Miniatures – Ideally Displayed on Shelves.



## Miniatures and Symbols Catalogue

### **SandPlay**

- Men, Women, Adolescents, Children and Babies.
- People of Different Cultures and Race.
- Occupations: Nurse, Doctor, Police, Fire Fighter, Farmers, Teacher, Athletes and Sailor.
- Religious: Priest, Nun, Angels, Monk, Nativity Set, and Clergy.
- Hobbies: Dancers, Sports Figures etc.
- Soldiers, Cowboys and Indians.

### **Fantasy**

- Elsa, Cinderella, Donald Duck, Mickey & Mini Mouse etc.
- Superman, Spiderman, Batman, Wonder Woman, Hulk etc.
- Red Riding Hood, Snow White, Tinker Bell, Peter Pan, Goldy Locks etc.
- Fairies, Prince, Princess, King and Queen.
- Monsters, Vampires, Godzilla, and Pirates.
- Transformers, Power Rangers, Star Wars, Wrestlers and Robots.

### **Animals**

- Domestic: Dog, Cats, Horses, Donkey, Hamsters, Rabbit, Hens, Chickens, Pigs etc.
- Wild: Bears, Snakes, Lions, Zebras, Tigers, Panthers, Giraffe, Elephants, Hedgehog, Kangaroo, Rhinos etc.
- Historic: T- Rex and Dinosaurs.
- Sea World: Fish, Sharks, Dolphin, Seahorse, Turtles, Octopus, Penguins etc.
- Birds: Hawk, Eagle, Owl, Robins, Budgies etc.
- Insects: Spiders, Snakes, Bees, Ladybirds, Ants, Beetles, Snails, Caterpillars and Ladybirds etc.
- Reptiles: Alligator, Crocodile, Frog, Lizards etc.
- Fantasy: Dragons, Mermaids, Goblins, Wizards, Witches and Unicorns.

### **Transportation**

- Cars, Planes, Boats, Trucks, Bikes, Buses, Trains, Jeeps and Motorcycles.
- Ambulance, Police Cars, Fire Engine.
- Bridges, Roads, Ladders and Paths.

### **Structures**

- Houses, Castles, Fairy Door, Light houses, Churches, Schools, Hospital, Towers etc.
- Fences, Bridges, Gates, Tunnels and Walls.
- Blocks which can be put together to make structures.

### **Nature**

- Trees, Plants, Flowers, Bushes.
- Leaves, Acorns, Pinecones, Conkers, Bark, Twigs and Toadstools.
- Shells, Rocks, Stones.
- Mountains, Caves and Volcano.

### **Fighting**

- Knives, Guns, Swords and Bullets.



## Death & Grief

- Coffin, Tombstone, Cross
- Skull and Skeletons
- Angel and Wings

## Furniture

- Tables and Chairs.
- Couch, Arm Chairs
- Coffee Table.
- Beds
- Wardrobe
- Lockers.
- TV, Computer, Laptop.
- Toilet, Bath, Sink.

## Shapes

- Circle
- Square
- Triangle
- Rectangle

## Medical

- Doctors Set.

## Elements

- Sun
- Moon
- Stars
- Rainbow
- Clouds
- Earth
- Wind
- Fire.

## Addiction & Gambling

- Fake Tablets
- Small Empty Alcohol Bottles
- Cigarettes
- Syringes
- Dice
- Poker Chips
- Deck of Cards
- Play Money.

## Boxes and Holding

- Post Box
- Telephone Box
- Chest
- Treasure Box
- Basket
- Nest
- Vase.



## Light

- Lamp
- Candle
- Torch
- Lantern.

## Winning

- Medals
- Trophies.

## Direction

- Keys
- Compass
- Ladder
- Arrows.

## Miscellaneous

- Feathers
- Ribbons
- Gems
- Crystals
- Buttons
- Rope
- Mirror
- Padlock
- Bell
- Clock
- Chains,
- Play Food
- Handcuffs

## Where to Purchase Toys and Supplies

[www.getcreative.ie](http://www.getcreative.ie)

[www.duffystoyworld.ie](http://www.duffystoyworld.ie)

[www.discoveryplaytime.ie](http://www.discoveryplaytime.ie)

[www.mctivities.com](http://www.mctivities.com)

[www.sensationalkids.ie](http://www.sensationalkids.ie)

[www.mrprice.ie](http://www.mrprice.ie)

[www.therange.co.uk](http://www.therange.co.uk)

[www.smyths.ie](http://www.smyths.ie)

[www.playtherapysupply.com](http://www.playtherapysupply.com)

[www.evanseducational.ie](http://www.evanseducational.ie)

[www.ikea.ie](http://www.ikea.ie)

[www.amazon.co.uk](http://www.amazon.co.uk)