**Small Figures/Sand-Tray Exercise**

The world that you create is a piece of your inner world (psyche).

There is no right or wrong way to do this.

It’s best done in silence.

It’s projective in nature i.e. draws on the unconscious.

It allows us to express ourselves beyond words.

Once you’ve created your world, share with a peer.

Below are some suggestions to use when your peer is sharing their creation:

* Avoid interpreting i.e. saying what something looks like to you or what it means to you.
* Do ask open questions (follow-up with minimal encouragers and/or reflecting back what you heard) e.g. :
	+ Tell me about the world that you have created?
	+ What was it like for you to create this world?
	+ What was it like to pick up this \_\_\_\_\_\_\_(miniature)?
	+ How did it feel for you to create this space for this \_\_\_\_\_\_\_\_\_?
	+ If this \_\_\_\_\_\_\_\_ could talk, what would it say?
	+ What would you like to move in this world?
	+ What do you want / need to say to the \_\_\_\_\_\_\_\_ in this world?
	+ What is it like for you experiencing this world?
	+ What words would describe your experience today?
	+ What did you learn from this world?
	+ What would you like to take with you from this inside world into the outside world?
	+ What needs to change / stay the same?
	+ How can you translate this perspective to real life?
	+ What did you learn from this world?
	+ What would you like to take with you from this inside world into the outside world?

Take a photo of the world for future reference.

Adapted from: https://www.creativecounseling101.com/sand-tray-therapy-directions.html