



Seattle *Play* Therapy

TRAINING CENTER

Child-Centered Play Therapy Toy Supply List

Here is a suggested list of toys to include in a play therapy setting. Use this list as a starting point and add or remove items based on the specific needs and preferences of the children you work with.

Real-Life Play:

- Baby and bottle/sippy cup
- Doll house/furniture/people
- Play dishes/utensils/food
- Pretend phone/computer/tablet
- Rescue Vehicles (ambulance/fire truck)
- Doctors Kit (with real bandaids and stethoscope)
- Tool set

Creative Expression:

- Art and Craft Supplies
- Play-Doh
- Dress up items (cape, handcuffs, play silks, flashlight, hats)
- Musical Instruments
- Blocks
- Puppets

Mastery & Cathartic Release Toys:

- Cash Register/money
- Balloons/hand pump
- Bop Bag
- Dart gun/play gun (not real looking!)
- Pool noodle/swords/shields
- Pounding bench
- Bubbles

Figurines:

- Soldier figures
- Action figures/villains
- Superheroes
- Fantasy/mythical characters
- Animal families
- Aggressive animals
- Dragons/dinosaurs

Miscellaneous:

- Sand and sandtray
- Sandtray figures, buildings, fences, religious and death representation, healing items
- Bibliotherapy
- Cozy area (i.e bean bag chair/nugget couch)
- Fort materials
- Blanket

Feelings & Regulation-Based Toys

- Feelings posters
- Inside out characters
- Feelings cards
- Stepping stones (for obstacle courses)
- Bean bags
- Fidgets/sensory items

Considerations

Remember to choose toys that are safe, durable, and appropriate for the ages and developmental levels of the children you serve. A well-stocked, inclusive playroom invites expression and healing. Include diverse dolls, figures, and materials that reflect the cultural, racial, and gender identities of the children in your community.