

NATIONAL PLAY THERAPY WEEK- FEBRUARY 4-10, 2018

It's that time of the year again. When Play Therapists across the U.S., brush off their sandtrays, clean the art supplies, and get ready to spread the word about the importance of Play Therapy. You may have an idea or intervention that you have used with success or you may be looking for some new ideas. Below find some ideas on how you can spread awareness in your corner of the world.

- Pinterest is chock full of ideas of therapy interventions and activities. Type in "Play therapy week", and find an infographic – www.a4pt.site-ym.com, or 6 Facts You May Not Know about Play Therapy- www.fullcupplaytherapy.com
- If you work in a school setting: Design a bulletin board about Play Therapy and have students contribute artwork about their favorite game/intervention/activity.
- If you are in private practice: Consider having some mini Zen gardens or coloring sheets with mandalas for caregivers to utilize while clients are in session.
- For those that work in offices or agencies: Have some mini games (checkers, chutes and ladders, tic tac toe, Jenga, Simon) placed in the break room to encourage play during the day.
- If you work in a hospital setting: Hand out mini stress balls (that can be squeezed and bounced) with a little note encouraging taking a breath and make time to play.
- If you are at a university: Take some time out of class to play a therapeutic game, such as Talking Feeling Doing.
- Wear your Play Therapy attire proudly
- Share a picture of you and The Dude on Facebook or Instagram

Some more suggestions from the APT website:

- Send out news release to local paper
- Share You Tube video Meet Andrew
- Post photo on social media about how you use play
- Contribute to APT Foundation
- Buy a car Magnet from the APT store
- Set up to be interviewed for TV station
- Present on play therapy at place of employment
- Contact colleagues about having an open seminar
- Distribute play brochures
- Share Parent's Corner on APT site with clients