

## Suggested Playroom Toys/Materials List

The toys and materials are the medium in which children express themselves. These thoughtfully selected items serve an important role in child-led play and should be chosen carefully.

Below are general guidelines to follow when selecting playroom items.

- Toys should provide variety in choice of expression
- Toys should be durable
- Toys should not be complex
- Toys should allow reality testing of limits
- Toys should allow development of positive self-image as well as self-control

Toys selected should include a range from three main categories: Aggressive, real-life/nurturing and creative. Below are some suggestions to consider in setting up your playroom.

Baby Dolls (varied ethnicities)	Building blocks – wood or foam (different shapes and sizes)
Doll furniture	Play-Doh or clay
Baby accessories (blankets, bottles, clothes, tub, etc.)	Vehicles (police car, fire truck, school bus, ambulance, truck, car, boat, etc.)
Kitchen/kitchen accessories	Tubes of zoo animals, farm animals, etc.
Etch A Sketch	Telephone (cell phone) (two)
Crayons, colored pencils, markers, plain paper	Soft Balls (large and small)
Pounding bench and hammer	Medical doctor/vet kit
Items that can be used in a sand table (i.e. large spoon, funnel, sieve, pail, etc.)	Foam bats w/ball
Rubber snake, alligator	Musical instruments
Magician's wand	Crayons, markers, etc.
Play money and cash register	Plain copy paper
Construction paper	Scissors
	Tinker toys

Material adapted from Landreth, G. L. (2002). *Play therapy: The art of the relationship*. (2nd ed.). New York: Brunner-Routledge.