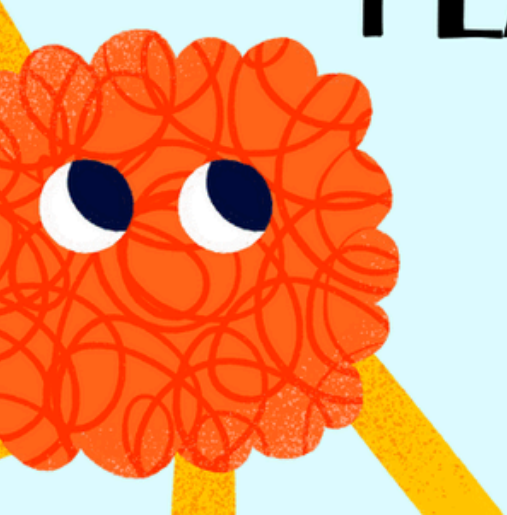


# I'M GOING TO PLAY THERAPY

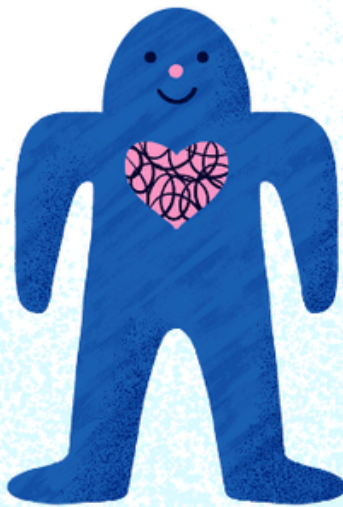


By Sharon  
[Mkids.com.au](http://Mkids.com.au)



**This book  
belongs to:**

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# What is Play Therapy?

Play Therapy is a special play time where I get to play with toys and games.





When I **play**, it **helps** me  
**show** what's **on** my mind,  
**especially** when it's hard to  
talk about it. My **play**  
**therapist** **helps** me **feel**  
**better** by **playing** with me  
and **understanding** what I'm  
**going** through.



**This is Sharon**

**Sharon is my play therapist.**

**I get to visit her at her  
playroom!**





**Sharon has a special playroom just for kids. It's filled with lots of toys and art materials to play with!**









**Play Therapy** is my  
time.

In the **playroom**, I **get to**  
**choose** what to **play**  
with and **how** I want to  
**play**.







I **don't need to pack up**  
**after my play!**



**My playtime is private,**  
but **not a secret.**



**This means** I can talk to  
**anyone** I want about it,  
but **Sharon won't** tell  
**anyone else** about me.



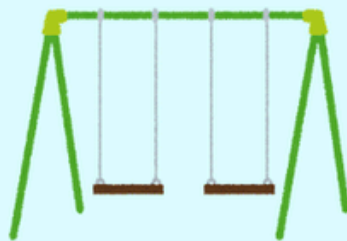


**No one is going to  
judge my play.  
There's no good or  
bad, right or wrong.**



**Sharon** might come  
to my school to help  
me out, but I can just  
**keep doing** my usual  
things.





If **Sharon sees me** in **public**,  
**she'll wait for me to say hello.**  
I can **choose to ignore her**, or I  
can **say hi.**

I like to **decide how I feel**  
**each time**, so I might  
**choose differently**  
**depending on the day.**





**My parents and I can reach out to Sharon between sessions by email or phone if we need to talk about something.**





