



# Worry Dolls Poster and instructions





Worry dolls (also called trouble dolls) are small, hand-made dolls that originate from Guatemala.

According to legend, Guatemalan children tell their worries to the Worry Dolls, placing them under their pillow when they go to bed at night. By morning the dolls have gifted them with the wisdom and knowledge to eliminate their worries.

Although there are many different types, worry dolls are made by hand using a base of wood or wire. The face is usually made of cotton, cardboard, or clay, and the clothing can be made with wool or cloth.

Use your own craft supplies or Email [joanne@earlyconnections-pmh.org.au](mailto:joanne@earlyconnections-pmh.org.au) to request that a kit be posted to you

### Step 1

Gather your materials from home - paddlepop stick/piece of thick cardboard, black marker, coloured wool to wrap your worry doll, pipecleaners for arms, patty pans or other paper for clothing (be creative)



### Step 2

Write your worry on the paddlepop stick/piece of cardboard and then wrap it with coloured woollen thread



### Step 3

Add a face with a black marker and use pipecleaners for arms and patty pans for clothing



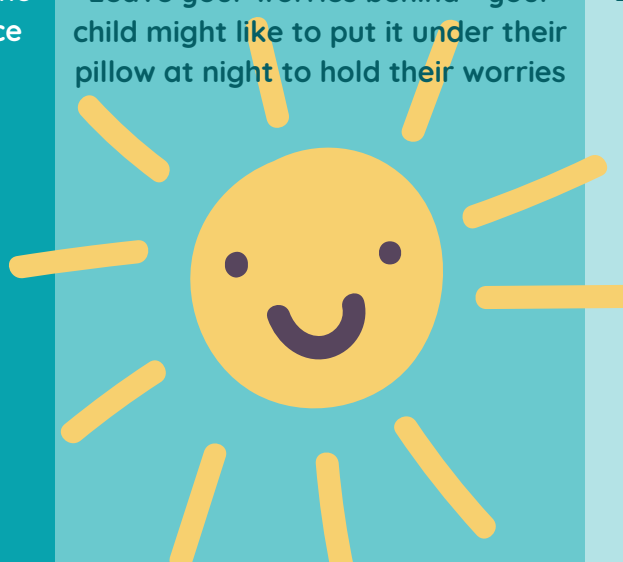
### Step 4

Keep your Worry Doll safe at home and add it to our Worry Wall once our office re-opens



### Step 5

Leave your worries behind - your child might like to put it under their pillow at night to hold their worries



### Step 6

Email a photo of your craft activity to us using the button link on the previous page

