

## Make your own Worry Dolls

The dolls were originally created generations ago by indigenous people in Guatemala. The idea was that, when someone had a problem that would keep them up at night, they would tell their worries to one of these dolls.

Then they would put the dolls under their pillow, and the dolls would “worry” for them during the night, and they could sleep peacefully and wake up feeling refreshed and worry-free.



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### What are Worry Dolls?

Worry dolls are tiny dolls that children tell their worries to before placing them under their pillow at night.

The worry dolls take the children's worries away while they sleep.

They are a lovely opportunity to encourage children to talk about how they are feeling.

### What you need:

- small sticks or twigs
- wool, ribbon or thread
- felt tip pens

### What to do:

- Break your sticks or twigs into small lengths (about 5cms).
- Wrap different colours of wool, ribbon or thread around your stick (use a skin colour towards the top for a face). Tie off the ends.
- Felt tip a face onto your doll.