

Worry Doll Instructions

Guatemalan worry dolls were made by adults for their children to tell their worries too. Children used to put them under their pillows at night and the doll, and their worries, were gone in the morning (removed by parents when they slept).

Telling your worries to someone always helps, but what if there is no one around when you need them, or you just can't tell anyone that worry just yet? Use these easy to follow instructions on how to make a worry doll, then you'll always have someone to share your worries with.

This is what you need:

Some pipe cleaners, wooden/plastic bead, wool (or yarn) and scissors –that's it!

Step 1 – Take a pipe cleaner and cut into two pieces making sure that the second piece is HALF the size of the first. The longer piece will be the body and the smaller with be the arms.



Step 2 – Bend each piece of pipe cleaner in 2

Step 3 – To make the head and hair. Using some wool(or yarn), gather some strands together making a zig zag motion until you have a bunch and cut when you have enough hair.



Take the bead and draw a face. You should now have something looking like this....



Step 4 – Take the longer piece of pipe cleaner and put the “hair” in the centre of it like this:



Step 5 – Take the bead and feed it along both ends of the bent pipe cleaner and push right up to the hair.



Step 6 – Take the shorter piece of pipe cleaner and twist them around the “neck” so that they are attached as arms



Step 7 – Now to “dress” your worry doll. Take some wool (or yarn) and leaving a decent length to use for tying later, start wrapping the wool (or yarn) tightly beginning with the body, then to each leg and back up to each arm. You may wrap up and down each limb a couple of times to build up the body but this will

depend on how chunky you want the doll to be or how thick your wool (or yarn) is.



Step 7 – Once you have finished cut the wool (or yarn) off and tie to the length you left at the start, at the back of the doll. Take your scissors and cut through the loops at the end of the hair to let loose those wild locks!

Your finished worry doll should look like this.



It should be small enough to keep in your self harm safe kit, or in your pocket, so you'll always have someone you trust to share your worries with.