



Take It Outside: Summer

Worry Dolls

Introduction

Have you ever had a worry you've found hard to share or talk about? In the villages of Guatemala in South America, children tell their worries to a small doll then tuck it under their pillow at night to take their worries away. Be carefree this summer and make a worry doll to help take your worries away.

You will need:

- a natural collection (leaves, sticks, daisies, etc.)
- pipe cleaners
- scraps of fabric
- coloured wool or thread



Key Questions

- How are you feeling today? What makes you happy?
- Who do you share your worries with?
- How do you help someone who is feeling sad? Do you have someone you can go to who will listen?

What to do:

1. Collect two small sticks (one longer than the other) or use a pipe cleaner. Your worry doll should be small enough to keep safe in your pocket.
2. Tie the sticks together to make a cross, wrapping string or wool around to secure them. Alternatively, you could twist the pipe cleaners together.
3. To make a face, peel a piece of the bark on the top of a stick, or add a bead to the pipe cleaner. Draw on features with a pen.
4. Now 'dress' your worry doll. Wrap the coloured wool around the arms, body and legs. You could decorate further with the material scraps or with leaves.

Ways to Support

Peer or adult support for fine motor skills of tying together. Alternatively, you could use pipe cleaners and simply twist them together.

Ways to Extend

Make a whole set of worry dolls to share with other classes. Lead an assembly on how you made the worry dolls and demonstrate how to use them.

Curriculum Links

PSHCE: Building relationships of trust; sharing a worry or concern; health and well-being.