

Wellbeing Wednesday



with Mrs Clifford

Week 2 – Worry Dolls



Worry dolls come from the Central American country of Guatemala. They are made from tiny pieces of wood and scraps of cloth and thread. Long ago, the children of Guatemala made these dolls, and when they went to bed at night, they would tell a worry to each one before placing them under their pillows and going to sleep. In this way, they would wake up in the morning feeling much less troubled. Today children from all over the world follow this custom.



Equipment:

- Wooden peg or lolly stick
- Felt tip pens
- Coloured pipe cleaners
- Coloured thread or wool

What to do:

- ✚ Use felt tip pens to draw the facial features
- ✚ Stick wool over the head for the hair
- ✚ Wrap the coloured thread or wool around the body to make the clothes
- ✚ You can cut out a square of material for a top or 2 triangles for a pair of trousers!

You could make a different type of worry doll if you prefer. Animals can be really good worry dolls. Try using old socks to create animal puppets, adding eyes and using felt to make their ears, mouth and nose.