

6-10 Activity Sheet



Worry Dolls

Make your own version of a Guatemalan Worry Doll

Tell them your worries before bedtime, tuck them under your pillow, and they will carry your worries away.

What you will need

- Wooden doll pegs / Paddle pop sticks / Sticks from garden for bodies
- Scraps of fabric, wool, twine, felt, ribbon, little decorations for dressing dolls - whatever you think will be nice
- Felt pens, glue, scissors, sticky tape
- Small rubber bands are handy for attaching clothes

How to

Get your supplies together, use the pictures below for guidance and inspiration, and have fun creating!

