

# Worry Dolls

Original ideas taken from <https://www.accessart.org.uk/worrydolls/>

Worry dolls are handmade dolls, most often made in Guatemala from wire, wool and small pieces of fabric. The dolls are often tiny, though Western versions can be much larger. Traditionally, the dolls are given to children to help them with their worries. Children will share their concerns with the dolls and then place them under their pillows where the worries will go away over night.



You will need;



- Large lolly sticks, or smaller lolly sticks, straight twigs, or even cocktail sticks
- scissors
- elastic bands
- wool
- fabric
- glue
- felt tip pen

Now go to the website above for instructions, tips and further inspiration.

Remember to post a photograph on J2E.