



WORRY DOLLS & Worry Warts: talk your troubles away!



The Story

According to legend, if you tell your troubles to a Guatemalan worry doll then place it under your pillow, your worries will be gone by morning. These small dolls date back to Mayan traditions. They're typically made from a small piece of wood and dressed in scraps of clothing and yarn.

Make Your Own Worry Dolls!

Materials

Wooden Clothes Pin with a flat, round top (found in craft stores)

1 Garbage Bag Twist-Tie per Doll

Approximately 20 feet of yarn in various colors

Scissors

Markers

Pipe cleaner (optional)

Fabric Scraps (optional)

Glue (optional)

Directions

1. Wrap the garbage bag twist tie around the center of the clothes pin to create arms. Fold down the edges to create "hands."
2. Tie a long piece of yarn around the center of the clothes pin and knot. Leave 2-3 inches of yarn off the end of the knot.
3. Begin wrapping the yarn around the middle of the clothes pin. Then wrap it up and around and down each arm. Continue wrapping down to the legs.
4. To create "pants" wrap each individual leg. To create a skirt, wrap both legs.
5. Once the body is wrapped the way you like it, cut the yarn leaving about 2-3 extra inches. Tie this to the extra piece you left at the beginning to finish off the project (keep the knot in the back of the doll).

- Decorate your doll with markers, yarn and pipe cleaners. Color in the feet with markers.

Note: Do not go all the way to the end of the legs or arms. Leave a small amount bare so the yarn doesn't slip off. You might need to do several layers of wrapping.

Note: If you want to use different colors, just tie a new piece of yarn to the original, snip the edges and keep wrapping.

Variation: Glue fabric scraps to the clothes pin instead of wrapping the yarn. This is easier for younger children.

Make Your Own Worry Warts

Worry Warts work just like Worry Dolls! Tell them your troubles and put them under your pillow. They're fun and simple to make.

- Materials
- Plastic Caps from water bottles, milk jugs, etc.
- Permanent Marker
- Decorations (optional)
 - Feathers
 - Pom Poms
 - Googly Eyes
 - Pipe Cleaners
 - Yarn
 - Fake Hair

Directions

- Draw eyes onto bottle caps with marker (or glue on googly eyes)
- Decorate with small pom poms, craft foam, pipe cleaners, feathers, etc.

