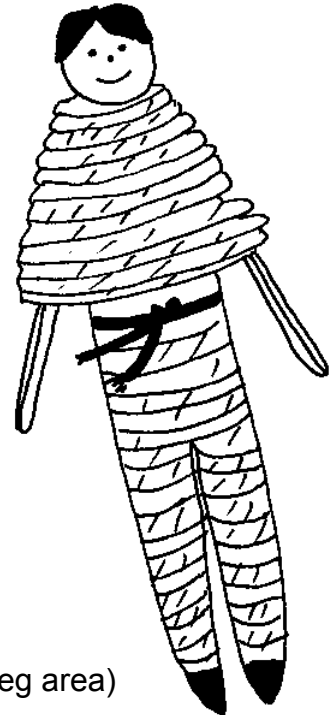


Worry Dolls

Children in several Central American countries make small dolls, to whom they tell their troubles and worries at the end of each day before they go to sleep. These dolls can be made from almost anything and will range in size from the very minute, as small as matchsticks, to about the size of a normal household (dolly type) clothes peg. The more worries and troubles you have, the more dolls you need to make, because you can only tell one message to a doll as the tradition goes all the worries told to the dolls will be gone by morning! Coloured wool and threads are woven around the doll to form clothes.

You Will Need

- 1 dolly type clothes peg
- 1 popstick
- Coloured wool or cotton threads
- Glue
- Black marker
- Masking tape and scissors



What To Do

- Cut the popstick in half
- Glue one piece to either side of the peg to form arms
- Allow to dry
- Use black marker to draw hair and facial features (top of the peg area)
- Starting at the neck, attach the main colour wool with tape
- Wind the wool around the doll and over the arm area
- Leave a hand area
- Continue wrapping around the body
- Wrap each leg separately
- Tie off securely and glue into position
- Leave a foot area on each leg
- Colour with the marker to make shoes
- Cut three equal lengths of wool
- Knot the ends together
- Plait long enough to make a small belt
- Knot the ends together
- Place the belt on the doll

The more adventurous children, in OSHC, may wish to make the really tiny dolls using matchsticks and coloured cottons. A little patience is required but the end result is worth the effort.