

Worry Dolls Craft Activity

Create tiny companions to help manage worries and promote emotional well-being



What are Worry Dolls?

Worry Dolls, also known as Trouble Dolls, are tiny, colourful dolls originating from Guatemala. According to folklore, children tell their worries to these small dolls before going to bed, placing them under their pillow. The dolls are believed to take away worries and solve problems during the night, allowing children to wake up worry-free.

Creating Worry Dolls is not only a fun craft activity but also a powerful tool for emotional expression and stress relief. It encourages children to externalise their concerns and develops a sense of control over their worries.

Materials Needed

- 🧶 Wooden clothespins or popsicle sticks
- 🧵 Colourful yarn or embroidery floss
- 🖍️ Markers or paint
- ✂️ Scissors
- 🖍️ Glue
- 🧵 Small fabric scraps (optional)
- 💎 Beads (optional)
- 📦 Small box or pouch to store the dolls (optional)

Instructions

- 1** Start with a wooden clothespin or popsicle stick as the base for your doll.
- 2** Wrap colourful yarn around the clothespin to create the doll's body and clothing. You can change colours to make different outfits.
- 3** Use small fabric scraps to create a dress or shirt for your doll. Glue these in place.
- 4** For the hair, cut short lengths of yarn and glue them to the top of the clothespin.
- 5** Draw a face on your doll using markers, or paint one if you prefer.
- 6** Add any extra details or decorations you like to make your doll unique.
- 7** Repeat the process to make a few more worry dolls, so you have a small collection.
- 8** Place your worry dolls in a small box or pouch for safekeeping.

Benefits and Tips for Worry Dolls Activity

EMOTIONAL TREASURE CHEST

Create a special box for your worry dolls, making it a safe space for emotions.

WORRY-FREE ZONE

Designate a specific time each day to share worries with your dolls.

GLOBAL GUARDIANS

Learn about worry dolls from different cultures around the world.

DEXTERITY DELIGHT

Challenge yourself to make smaller, more intricate dolls as you improve.

IMAGINATION STATION

Give each doll a unique superpower to fight off worries.

MINDFUL MOMENTS

Practice deep breathing while crafting to enhance relaxation.