

# How to Make Your Own Worry Doll

A worry doll is a great way of helping you to think about and manage your worries. If you are worried about something like a test at school, moving house or a friendship difficulty, a worry doll can help.

By sharing the worry with the worry doll, you can give yourself time to think about what is worrying you. Sharing these thoughts with the worry doll can help you to feel better and may even help you to solve the worry yourself.

The idea is that you share one worry with one worry doll. You tell the worry doll your worry at night time and then put the worry doll under your pillow. Hopefully, when you wake up, your worries will have reduced and you will feel calmer for the day ahead.

There are several ways you can make a worry doll. How you choose to make a worry doll is entirely up to you. You could even make a worry pet or a worry animal!

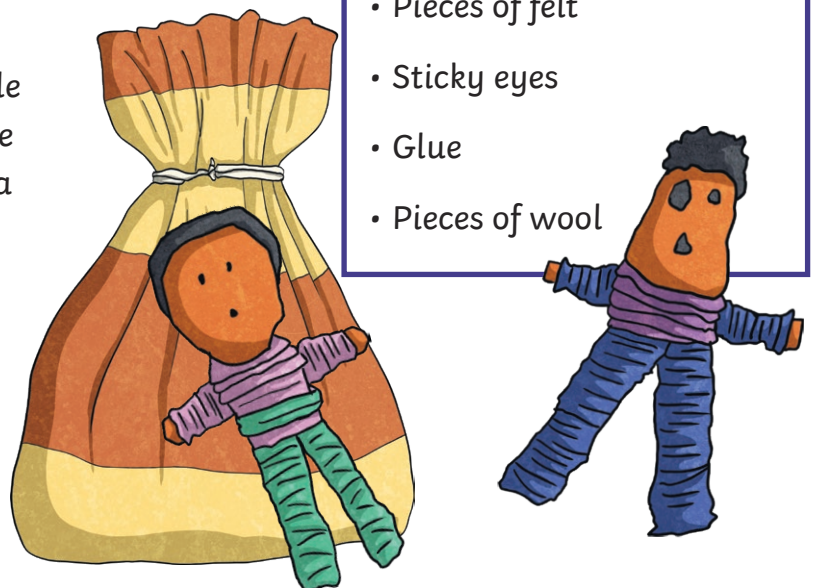
## Instructions for a Worry Doll

### What to Do:

- Use glue to attach a large cotton wool ball to the top of a wooden peg. This will be the doll's head.
- Use felt tips to draw the facial features or use sticky eyes and felt.
- For the hair, you could attach strands of wool to the cotton wool ball.
- Use fabric to make the clothes - a triangle makes an excellent dress, a square can be used for a top and two rectangles make a brilliant pair of trousers!

### Equipment

- Large wooden peg
- Cotton wool ball
- Felt tip pens
- Pieces of felt
- Sticky eyes
- Glue
- Pieces of wool



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You could make a different type of worry doll if you prefer. Animals can be really good worry dolls. Try using old socks to create animal puppets, adding eyes and using felt to make their ears, mouth and nose.

#### What to Do:

- Using felt or material, cut out ears for your dog and sew/ stick them on to the 'foot' part of the sock.
- Glue on the eyes – these can be sticky eyes or you could use fabric pens to draw them on.
- Draw a nose with fabric pens, use felt or sew on a button.
- If you want a wagging tail, you could use either wool which you could sew or glue to the back of the puppet, or add a coloured pipe cleaner to make your tail.

You could also make a worry doll from building bricks, construction materials, clay or modelling material.

Use the template on the next page to make your own worry doll. Simply colour the doll and cut it out. You could add hair and clothing. There is no right or wrong way of making a worry doll. The idea is that the worry doll is unique and special to you.

#### Equipment

- Sock
- Felt/material
- Glue
- Sticky eyes
- Fabric pens
- Needle and thread, if you wish to sew
- Small button
- Wool
- Coloured pipe cleaner



