

Worry Dolls 3-5

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Lesson

In Guatemala & Mexico, worry dolls (or trouble dolls) are a cultural tradition that helps people sleep peacefully. According to folklore, if you have something that you are worried about or afraid of, you can tell your doll all your worries before you go to sleep & put it under your pillow. The dolls will then take all your fears & worries & keep them so that you can sleep peacefully. When you wake up, you will be worry free! The legend is about a Mayan princess named Ixmucane. The princess received a special gift from the sun god that allowed her to solve any problem a human could worry about. The worry doll represents the princess & her wisdom. A legend, or folktale, is a popular story told by many people & passed down through generations but isn't proven to be true. It's ok, we all have worries. It's great to be able to talk about them! Let's create our own worry dolls to tell our troubles to or just to have fun & play with.



Questions for Students

- What are some of the things you worry about?
- What would you tell your worry doll?
- What name would you give it?

Please us the [Other Resources Page](#) before you start the art project



Materials

- Yarn or String
- 1 Pipe Cleaner
- Glue
- Scissors
- Marker
- Large Bead (can use an old spool of thread)
- Optional: Scraps of Fabric, More beads



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Other Learning Resources

Books to Read

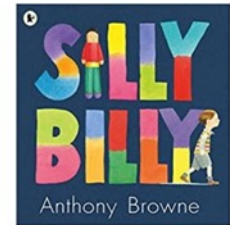
While you are sleeping by Alexis Deacon

Don't Feed The Worry Machine by Andi Green

Silly Billy by Anthony Browne

Video of Wilma Jean The Worry Machine by Julia Cook:

<https://www.youtube.com/watch?v=snCdffKOz8Y>



Websites About Worry Dolls

The Legend Of Worry Dolls

<https://sleepsavvymagazine.com/what-is-a-worry-doll/>

Websites About Worry Doll

What is a folktale? :

<https://www.youtube.com/watch?v=7BHiCjz6nz8>

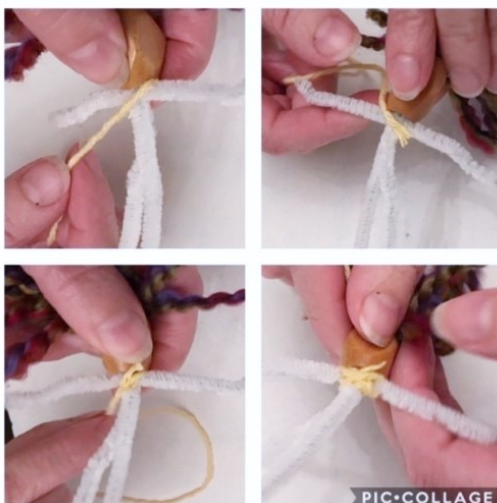
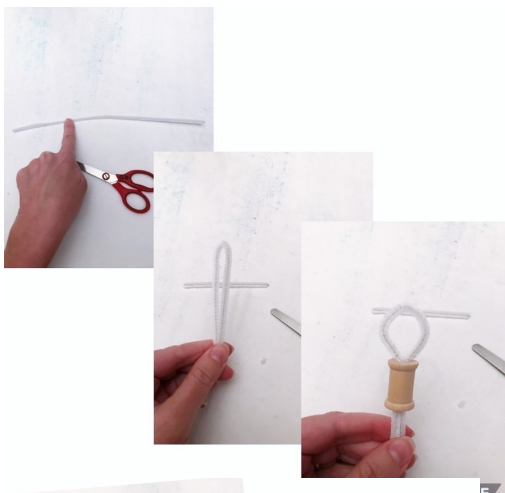
About Worry Dolls

<https://www.youtube.com/watch?v=emjlxG978Jg>



Instructions

1. Gather all your materials.
2. Lay your pipe cleaner down & go about a quarter of the way in & cut off a piece.
3. Take the larger piece & fold it in half.
4. Take the closed end of the pipe cleaner & put it through the bead, then open the top of it so it looks like a loop.
5. Take your yarn & wrap it around a hand loosely about 10 or 12 times. Then cut the end & slip it off your hand.
6. Now cut the circle on the top & take the layered pieces of yarn & put one end through the loop you made.
7. Push the bead up, & now you have hair!
8. Now take the smaller piece of pipe cleaner & put it at the bottom of your bead. Just a little off center, & then wrap it around once to secure it. Now you have arms!
9. Now take some yarn or string & starting at the neck area, begin to make an X. Hold down the end of the yarn in back & bring it over a shoulder & up through the opposite arm then switch sides. Like you are making the letter X (There is no right or wrong way to do this! Whatever way works for you is fine) Go over the area a few times & then continue wrapping the yarn/string down one arm. When you get to the end, you can bend the tip back & wrap it with yarn so the sharp ends don't stick out. Same with the feet, you can bend the tip back & wrap it.



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Instructions



10. Keep wrapping your doll until it's how you like it & then cut the yarn leaving a long piece to tie a knot with. You can do a couple things here. Tie the yarn in a knot to keep it from unravelling or you can glue the end down. You can do both.

11. Now take your marker & add a face to your doll, if you want to.



12. Optional: Now that you know the basic steps, have fun & create however you wish. Make clothes for it. Make friends for it. There is never a wrong way to make one, I only showed you one way. Maybe you can find an empty box & make a house for it!



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