

How to Make Your Own Worry Doll

A worry doll can help you to cope with difficult feelings, such as when you feel sad, angry or upset. It can help you when you are worried about something like going to school, moving into a new class, moving home or starting a new club.

While you make the worry doll with an adult, you can talk to them about how you are feeling and they may be able to help you feel better.

You can also tell your worries to the worry doll and keep it under your pillow until the morning. Hopefully, by the morning, you will feel better about your worries.

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



Instructions for a Worry Doll

If you prefer, you could make a different type of worry doll. 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. Here are some instructions for making your own dog-shaped worry doll.

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.

Equipment

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

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 another type of 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.



