Worry Doll

A worry doll is a small handmade doll that, according to Guatemalan legend, can remove your worries and grant you wisdom! Children are told to tell their worries to their dolls and place them under their pillows... then in the morning they wake up refreshed and worry-free! So get creative and make your own doll today!

Gather materials:

- 3 Popsicle Sticks
- Yarn / Thread (Embroidery Floss)
- Scissors
- Glue

Make The Body & Arms

Stack two popsicle sticks like a cross and secure with glue. Set aside to dry.

Additional Material Suggested: Pieces of Scrap Fabric, Construction Paper, Pipe Cleaners, Stickers, Buttons, Markers

If you don’t have yarn or thread to wrap your doll, just use pieces of scrap fabric or construction paper to create your outfits. The more diverse, the better!

Note:

Use hot glue on popsicle sticks for a more secure grip! Little ones should have their parents help with this.
3. **Make The Legs**

Grab another popsicle stick and cut it in half. Add glue to the bottom of the body popsicle stick and stack the two leg pieces on top of it, securing them together with glue.

4. **Make The Shirt**

Wrap your yarn or thread (whatever color you choose) around the center of the body and arms, creating an X. Keep wrapping and alternating your thread until you make a thick X.

5. **Make The Sleeves**

With the same thread, switch to the arms of your doll. Wrap the thread around the stick to the length you want, cut your string when finished and secure with glue.

6. **Make The Pants**

Wrap another color of yarn or thread around the body, just under the doll’s shirt. Continue wrapping around both legs, then cut your string and secure with glue.
Choose another color of your liking and begin wrapping it under the pants, don’t forget to do the same to the other side, cut the string when finished and secure it with glue.

Cut three small rectangular boxes from construction paper that can be wrapped around your popsicle sticks. Wrap the construction paper around the head and secure it down with glue. Repeat the process to make the arms.

Wrap whatever color yarn or thread you choose around the top of the head, cut the string when finished and secure it with glue.

Get creative and add facial features and whatever other items you found in your house to decorate your doll and make it unique! We used heart and star stickers to decorate ours.

Meet Captain Kira Kira, it means shimmering in Japanese!