

Worry Warriors

Materials:

- Pipe cleaners
- Plastic beads
- Wool
- Glue
- Scissors
- Markers (found in Today I Feel)



Instructions:

Make a worry doll to take your troubles away! Worry people are very popular in the Guatemalan culture.

- To make your own worry doll, cut a pipe cleaner into 4 pieces, make two pieces slightly shorter than the other two. One piece will be the body; one will be the arms and one shorter piece for each leg.
 - Wrap the end of each leg piece around the end of the piece that will be the body. Then wrap the arm piece around the middle of the body.
 - Glue a bead on top of the body piece to make a head. Trim off the excess, if any.
 - Wind wool around the limbs and body to make it bigger.
 - Draw a face on the head with marker, if desired.
 - Glue wool onto the bead for hair, if desired.
-
- The next time you feel scared, tell the worry doll your troubles and place it under your pillow until morning. Legend has it that the worry doll will take away your worries.

*“Worry Night, Worry Day,
Worry Doll, Take My Worries Away!”*

Activity Adapted from Recreation for Mental Health Toolkit