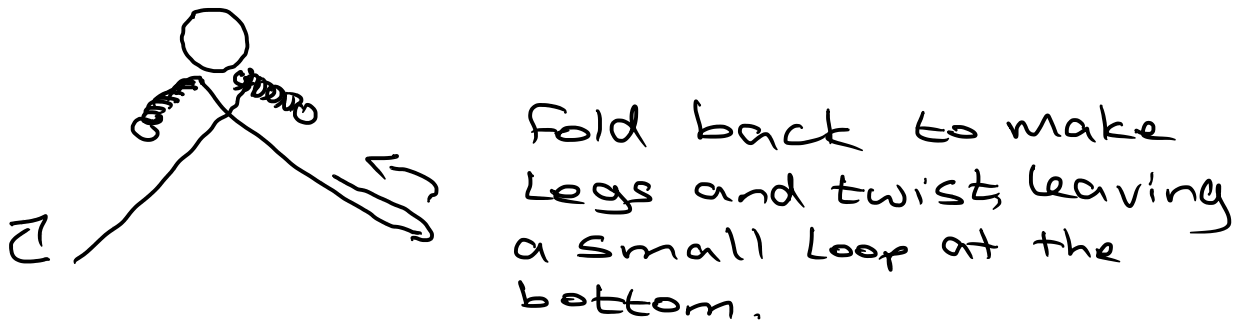
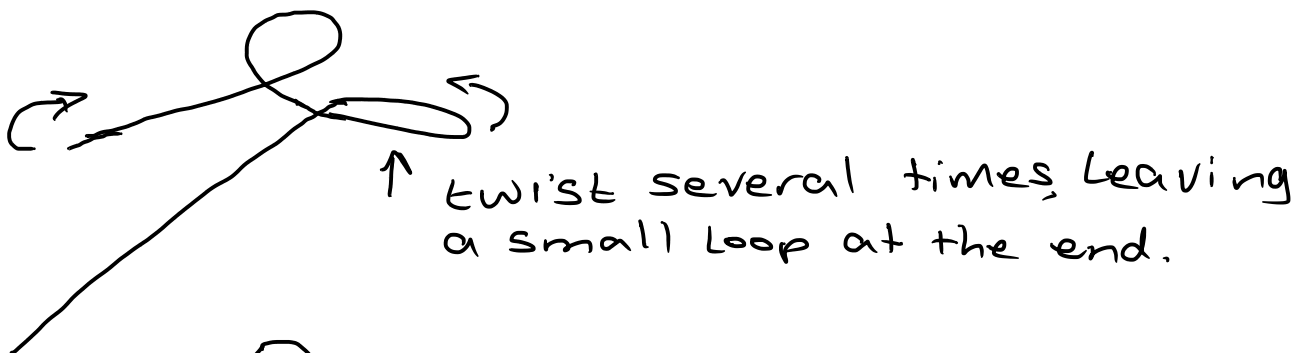
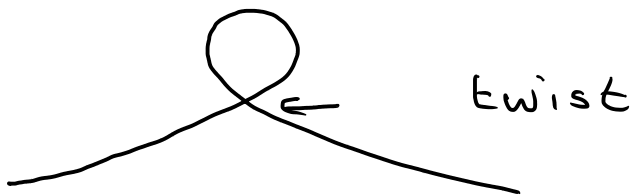


Be Well

Worry Dolls

"Peruvian worry dolls are made to take away your worries. Before you go to sleep tell them all your worries and put them under your pillow- when you wake up, the doll will have taken all your worries away.

You will need a pipe cleaner and some yarn.





Twist torso

Starting at
the end of
one arm
wind the
yarn up to
the middle



carry on down the
other arm.
Then back to the middle
and up and down the
torso.

Build up layers of yarn, up and down the torso and across the arms and back until you get them to the right thickness.

Hold the end of the yarn down one leg and start with a different colour to go up and down the legs to make trousers.

To make a skirt hold the legs together building the layers wider at the bottom to make a skirt shape.

If you don't have Pipe cleaners try using a teaspoon and lolly stick, or two lolly sticks. or see if you can find 2 sticks in the garden. Lash together in a cross shape and continue as above.

If you don't have yarn try string, ribbon or embroidery thread.