

Worry Dolls

Worry dolls are simple to make and can support young people with various issues. The idea of the worry doll is that you make a doll that is unique to you. You then tell your worry to the doll and place it under your pillow or by your bed at night. In the morning, hopefully you will feel better and not as worried.

If you have more than one worry, try to create more than one worry doll. Ideally, tell each doll one worry at night.

These worry dolls can support young people of any age and are a fun, creative way of talking about what is worrying you.

Worry dolls can be as creative and intricate or as simple as you like.

They do not have to just be dolls; they could be animals, pets or an object. Encourage young people to be as creative as possible.

Here are some ways you can create your own worry doll:

1. Take a large wooden peg and use a cotton wool ball or similar for a head. Glue the head onto the top of the peg and either use a felt tip for the eyes, nose and mouth or get some sticky eyes and felt for the mouth. You could use wool for the hair. Clothes can be cut out of felt. Offer young people a variety of colours and materials to enable them to make the worry doll as personal as they can.
2. Take a handful of pipe cleaners and twist them around each other to create a body and some legs. Add a bead for the head and use some coloured cotton for the hair. The clothes can be made from more pipe cleaners twisted around the body.
3. Create a rabbit worry pet by using an old sock. Get an old sock and fill it with cotton wool or rice. Sew the end of the sock closed so that the stuffing does not fall out. Cut out some bunny ears using felt. Sew these onto the heel of the sock so that the foot of the sock becomes the head. Glue on some eyes and draw on a nose. Cut out two pieces of white felt and sew these on as teeth. Leave long pieces of cotton around the nose for whiskers. Sew on a pom-pom for the tail.
4. If your young person really wants to be creative, you could use clay or playdough or modelling clay to mould a figure into a person/an animal. This could then be kept on a bedside cabinet near their bed at night.
5. If your young person doesn't enjoy craft very much and still wants to try the idea of a worry doll, they could use the template over the page. Colour the doll as you wish, put clothes on them and chose what eye colour and hair colour your doll may have. You could stick on hair and eyes, or just colour it in.

