

Activity Outcomes

- A worry doll is a great idea for children who may be anxious / nervous about a range of things. They can tell their 'worries' to their doll with the aim that the doll will take away their worries.
- Children could write down their concerns, or ways they want to make things better and leave them with the worry doll.

Setting Up

What you will need:

- Pipe cleaners (old t-shirts, tea towels, lollipop sticks would also work)
- Pom Poms
- Scissors (parental supervision required)
- Googly eyes (paper would also work)
- Wool
- Glue



Activity Guide

Activity – Worry Doll

- Using pieces of wool, wrap the wool around your hand, taking care not to wrap too tightly (younger children will need help from an adult).
- Choose a pipe cleaner and fold it in half, still keeping the wool wrapped around your hand.
- Thread the pipe cleaner between the wool and your hand and twist the ends tightly together and carefully slide the wool and pipe cleaner off your hand.
- Fold the big loop of wool that you removed from your hand and cut in half (children may need help with this).
- You should now have two ends of your pipe cleaner sticking up. Roll these ends towards the middle and stick on the eyes.
- Finally, stick on a pom pom to make a nose. You could also twist another pipe cleaner around the top and shape to make wings.

Questions to think about

- What are you worried about?
- How could we solve this worry? What steps could we take?
- What advice would your doll give you about 2020? What advice would you give your doll?

Further Support and Ideas

- To watch a video showing how to make the doll, visit <https://www.facebook.com/480238208703498/videos/1294779200909621/>
- For more ideas and to share your thoughts and creations, visit <http://www.thechildrensvoice.net/>
- Don't forget to share your creations and ideas by using #NCDUK

