

Reorder Number

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to Help People Play and Learn



## Worry Dolls (Pk/24)

PLEASE READ ALL INSTRUCTIONS BEFORE STARTING

### YOUR KIT CONTAINS:

- "Doll" Clothespins
- Bright Variegated Yarn
- Assorted Solid Yarn
- Glue
- Felt Hearts

### YOU WILL NEED:

- Scissors
- Ruler

**AGE GROUP: 8 and up**

**PROJECT TIME: 30 minutes**

Call Toll-Free **1-800-243-9232**  
 Customer Service: 1-800-937-3482  
 Email: [cservice@ssww.com](mailto:cservice@ssww.com) FAX: 1-800-566-6678

Online:  
**SSWW.COM**



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**Kit may contain silicone gel packets, which should be removed before use.**

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**EACH PERSON SHOULD HAVE:**

- 1 Doll Clothespin
- 5' Variegated Yarn
- 2' Total of the Solid Colored Yarn cut into approximately 3" pieces, in colors of your choice to use as hair.
- 1 Felt Heart
- The glue will be shared among the group.

**INSTRUCTIONS:**

1. Start at the neck of the doll clothespin and wrap the 5' of variegated yarn tightly down the clothes pin, stopping approx. 1" from the bottom leaving a small section of the wood exposed as your dolls feet (see finished product photo). Tuck the end of the yarn into the bottom. **TIP:** You can secure the tucked end with a dab of glue.
2. Using a dab of glue, attach a felt heart to the chest of your worry doll.
3. Next, attach the solid colored pieces of yarn (approx. 2"-3" each) a few strands at a time by applying glue onto your dolls' head in small sections then pressing on the yarn/hair. You can use multiple colors or even pull the strands apart for a funky hairstyle. Let the glue dry.

**HISTORY OF WORRY DOLLS:**

Worry Dolls started as a Guatemalan tradition, developed to help children get a peaceful night's sleep. According to folklore, a person (usually a child) who can't sleep due to worrying can simply share their worries with their doll and place it under their pillow before going to sleep. It is believed that the doll will do the worrying instead, quieting the person's racing mind so they can sleep peacefully! The person will wake up without their worries, which have been taken away by the dolls during the night. Perhaps "Don't Worry Dolls" would be a more appropriate name!

**MORE IDEAS:**

- Using a permanent markers, write your worry onto the doll body before wrapping it in yarn.
- Add glitter glue, sequins and feathers to personalize your doll!

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