

How to Make Your Own Worry Doll

A worry doll is a great way of helping you to think about and manage your worries. If you are worried about something like school, moving house, or a friendship difficulty, a worry doll can help.



By sharing the worry with the worry doll, you can give yourself time to think about what is worrying you. Sharing these thoughts with the worry doll can help you to feel better and may even help you solve the worry yourself.

We can always share our worries with God. He is always here for us and will always listen. Telling your worries to God can help you sort through the reasons behind them and can help you to manage them.

Instructions

There is no right or wrong way of making a worry doll. What matters is that it is special to you. You can colour in one of the templates here, or you could use other materials, such as lolly sticks, fabric or wool. You could even make a worry animal or monster!

History of Worry Dolls

Worry dolls originate from Guatemala, where they are made from wood or wire and decorated in traditional Guatemalan cloth call 'aguayo'. They are only a few centimetres tall. Parents give them to children to tuck under their pillows at night.



Try telling one worry to God at night before you go to sleep. If it helps, you can also tell your worry doll and put it under your pillow. Hopefully, when you wake up, your worries will have reduced and you will feel calmer for the day.

You could add a Bible verse to the back of your worry doll to remind you that God will always listen.

Jesus says: 'I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid.'

John 14.27

Grown ups - you can download templates for worry dolls and Bible verses as part of the 'Wellbeing Resources Pack'.