

In Guatemala (and in other parts of Latin America) “worry” or “trouble” dolls are made from scraps of material. Children whisper their worries to a worry doll before they go to bed and sleep with the doll under their pillow. In the morning the doll has disappeared, and has taken their worries away with it. Wouldn't it be lovely if life was really so simple!

Ingredients:

- Freezer bag ties (three needed for each doll)
- Odd scraps of yarn – the bigger the variety of colour, thickness, texture the better.
- Small scrap of paper, scissors and marker pen
- Off cuts of felt or other scraps of material/ PVA glue (optional)

Method: [10 – 20 minutes at most]

[Age range: 3 – adult]

- Take two freezer bag ties and twist them together about 1 inch from the ends.
- Take a third tie and twist it round the first two, over the top of the first twist.
- Bend the ends of the ties for the feet and the hands.
- Start to wind wool around to make “clothes” for the doll.
- Before you reach the top of the neck, cut out a head with neck and bind it onto the body.
- Draw mouth, eyes, nose on the face and, if you want, add hair.

Global issues raised:

- Should little children have to worry about things? Do teenagers worry about things? What sort of things?
- Do children in poor countries have more to worry about? What sort of thing? How does this relate to children's rights? (Lack of almost any right could cause worry!)
 - The right to security and safety
 - The right to an identity, and to a family
 - The right to health
- Are their worries our worries? I.e. do we have a responsibility to take action to remove the worries of children in other parts of the world?
- What reasons might we have for doing this? (Political? Ethical? Humanitarian? Spiritual?).

Additional resources: From GLADE's Mexico collection:

Worry doll box which includes samples of Guatemalan worry dolls, home made sample worry dolls and books on Mexico and Central America, including craft ideas for children.

Where to use this global bite:

Out of School Club
Conference break
Parents' evening
Coffee morning
Holiday Scheme
Fête/Fair/Annual show

