



## Guatemalan Worry Doll Kit

Item # 1429427

Enough Materials for 30 Students

### Grades 2-5

Guatemalan Worry Dolls are a centuries old tradition from the Highlands of Guatemala. A child, or an adult, may use a worry doll at bedtime if they have worries that make sleeping difficult. They whisper their worries to the doll and slip the doll under their pillow. The legend is that the doll will worry in that person's place. In the morning the person will wake refreshed and worry free. Traditional dolls are made with a wood or wire armature, with fabric and thread for clothing, and cardboard for the face and body. They usually measure 1/2" to 2".

This kit allows students to create replicas of their own Worry Doll using both traditional and non-traditional materials.

### Materials in Kit

- Item #001665 Aleene's® Tacky Glue®, 4 oz. Bottle
- Item #085825 Creativity Street® Multicultural Stems, 1/8" x 12", Set of 100
- Item #1436240 Phentex® Black Craft Yarn, 3 oz.
- Item #1458671 Creativity Street® Cotton Embroidery Floss, Assorted colors, Set of 100
- Item #200750 Creativity Street® Wooden Doll Pins, 3 3/4", Natural, Pack of 30

### You will also need:

- Fine Tip Permanent Markers (for eyes and features)
- Multicultural Markers (to color face)
- Scissors
- String
- Yarn
- Air Dry Clay

### Objectives

- Students will study an art form from another culture and create their own version of this form.
- Students will use several processes and materials to create their own original Worry Doll.

### Directions:

1. Cut 3" pieces of the Multicultural Chenille Stems for the arms. Have students select the color or colors of embroidery floss they want to use to clothe their doll.
2. Add two dots on the round part of the pin for eyes. This also indicates the front of the doll. Students can add other features if desired. Skin tones may also be added to the head of the doll using Multicultural Markers to match the Chenille Stem color selected.
3. Tie one end of the embroidery floss at the neckline and secure it with a drop of Tacky Glue. Wrap the embroidery floss tightly around the doll pin. Striped clothing can be made by switching colors. Tie all knots in the back of the doll. To hide the ends, hold them straight down and wrap over, **see figure 1**. Stop wrapping at the middle of the upper torso so that arms can be added.
4. To attach arms, hold them with one finger to the back of the doll. Wrap the floss around the stem, criss-crossing once or twice to hold the arms in place. Bend the ends of the arms to form hands, **see figure 2**.
5. Continue to add floss until the doll is covered. Add additional stripes of cross patterns in contrasting colors. Wrap both legs together for a dress or each leg separately for pants, **see figure 3**. Secure all loose ends of threads with a dab of Tacky Glue.
6. Cut desired length of yarn for the hair. Braid it, twist it or fray it. Glue the yarn to the top of the head.
7. A stand can be made of air dry clay for the doll or add a string so doll can be worn as a necklace.
8. Place the doll under pillow tonight to remove worries!

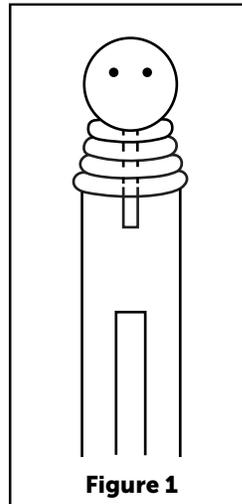


Figure 1

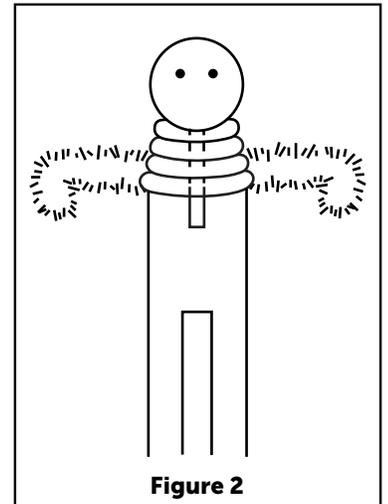


Figure 2

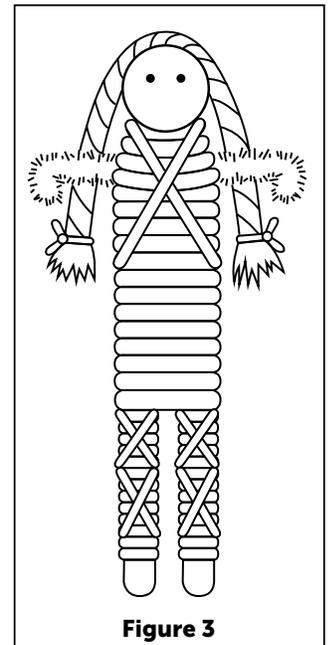


Figure 3

**Cross Curricular:** Art and Social Studies

### National Standards: Connecting:

Anchor Standard #11: Relate artistic ideas and works with societal, cultural and historical context to deepen understanding.