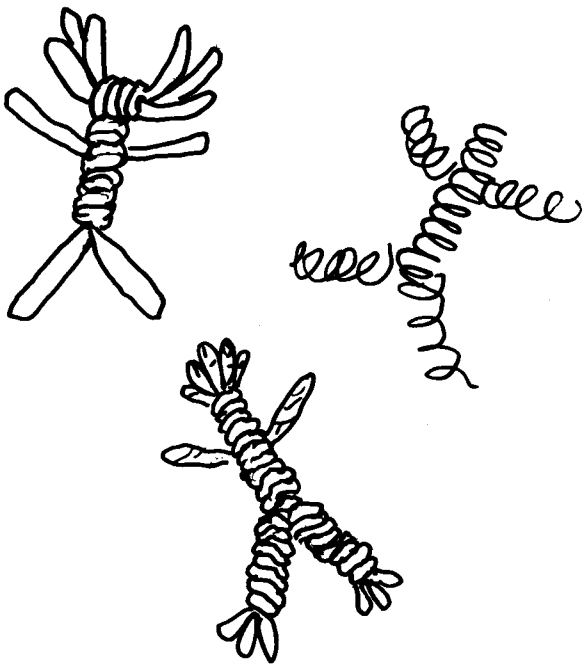
Worry Dolls



Ages 5-10

Activity Objective:

This activity focuses on assisting children with their worries and encourages them to share their worries. A message to be conveyed is when worries are shared they seem less fearsome.

Instructions:

- Discuss the purpose and importance of getting worries out and sharing them with others.
- Have the children create worry dolls from pipe cleaners and yarn.
- For younger children have the worry dolls already created.
- Each group member should participate in naming their worry doll and giving it at least 2 worries.
- Each night before they go to sleep they can use their worry doll by giving one of their own worries to the doll.

Materials Needed:

- ☐ Pipe cleaners
- ☐ Yarn
- ☐ Scissors