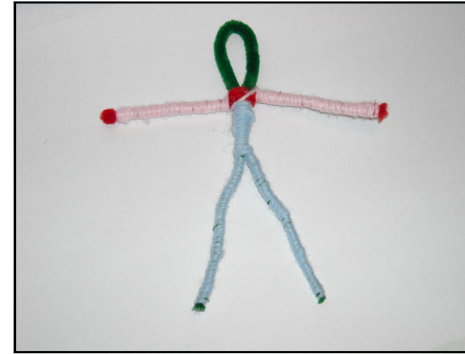


una muñeca quitapena



In Guatemala, children tell their worries to worry dolls, put the dolls under their pillow and go to sleep. The next morning, when they wake up, the doll has taken the worries away.



2. Wrap wool around the arms and legs. Stick the ends down with glue.



To make your own worry doll you will need:

- 2 pipecleaners
- scraps of wool
- scraps of fabric
- a scrap of paper
- scissors
- glue



3. Wrap some scraps of fabric around the body to make clothes. You can tie them on with wool if you like.



1. Bend the pipecleaners in half. Use one to make the head and body, and wrap the other around it to make the arms.



4. Use the scrap of paper and the pen to make a face. Stick it on with glue. You could also give your doll some hair or a hat if you want.