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.

To make your own worry doll you will need:

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

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

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

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

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.