

How to make... a worry doll

Suitable for ages 5 - 11

You will need:

- Craft matchsticks
- Glue
- Small amount of scrap paper
- Colouring pens or pencils
- Embroidery thread or wool
- Scissors



Feeling inspired by Pheobe Hyder's reading of *The Little Matchstick Girl*? Why not make your own little matchstick worry doll that you can whisper all your cares to.

If you don't have craft matchsticks you could use lolly sticks or even go and find some sticks in the park.

Instructions

Step 1:

Glue two matchsticks together, side by side. Then glue another to each side so that they overlap slightly, like in the picture. This forms your body and legs.



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Step 2:

Glue another craft matchstick across the body to make your arms.



Step 3:

Take your first colour of embroidery thread or wool and tie it on just below the arms.



Step 4:

Wrap your thread diagonally around your matchsticks. Over one arm, around the body and under the other. Repeat this a few times.

If your arm is wobbling a little at this point, don't worry. This step and the next are going to secure it in place.



Step 5:

Change the direction you are wrapping your sticks. Go over the top of the other arm and under the opposite to create a cross at the centre. Repeat this a few times until your arms feel really secure.



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Step 6:

Continue to wrap your thread around your doll. Repeat the diagonal pattern and then wrap down the body to the waist and back up to under the arms.



Step 7:

From under the arms, start wrapping your thread down one arm, then back up. Go across the body and repeat with the other arm.



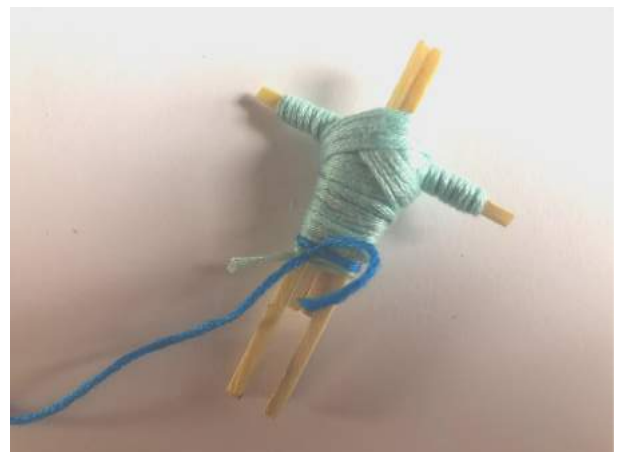
Step 8:

Once you have covered the top of your worry doll, tie a knot in your thread and glue down the tail to neaten it up.



Step 9:

Tie on your second colour and start wrapping it around your worry doll. Cover the remaining section of the body and then go up and down both legs.



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Step 10:

Tie a knot in your thread and glue down the end to neaten.



Step 11:

On a little bit of plain paper draw a small circle. Colour in your face and then cut it out. Stick it in place on your worry doll.



Step 12:

To make the hair, wrap some thread around your fingers, not too tight. Once you have a nice bunch cut the end of the thread and gently slide out your fingers.



Step 13:

Take a short length of thread in the same colour and tie the middle of your bunch together. Then cut all the loops.



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Step 14:

Rough up your bundle a little to separate the strands and then glue to the back of the head.



Congratulations, you have made your worry doll.

Now you can whisper all your worries to your new friend and place them under your pillow at night.

By the morning your worry doll will have taken your worries away.

If you didn't have craft matchsticks you can use all sort of things; lolly sticks, wire, pipe cleaners or even sticks.

