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# **What is a Worry Doll?**

A Worry Doll is a small, handmade doll that originated from Guatemala and are also found in Mexico. Legend says these dolls, when placed under a child's pillow, will give them the knowledge and wisdom to eliminate their worries.



The image shows four rectangular sheets of paper of the same color (light cream) but decreasing size, arranged horizontally from left to right. The first sheet on the left is the largest, followed by a medium-sized sheet, then a smaller sheet, and finally the smallest sheet on the right. This visual sequence demonstrates the result of repeatedly folding a piece of paper in half. A yellow rectangular box is superimposed over the middle of the second and third sheets.

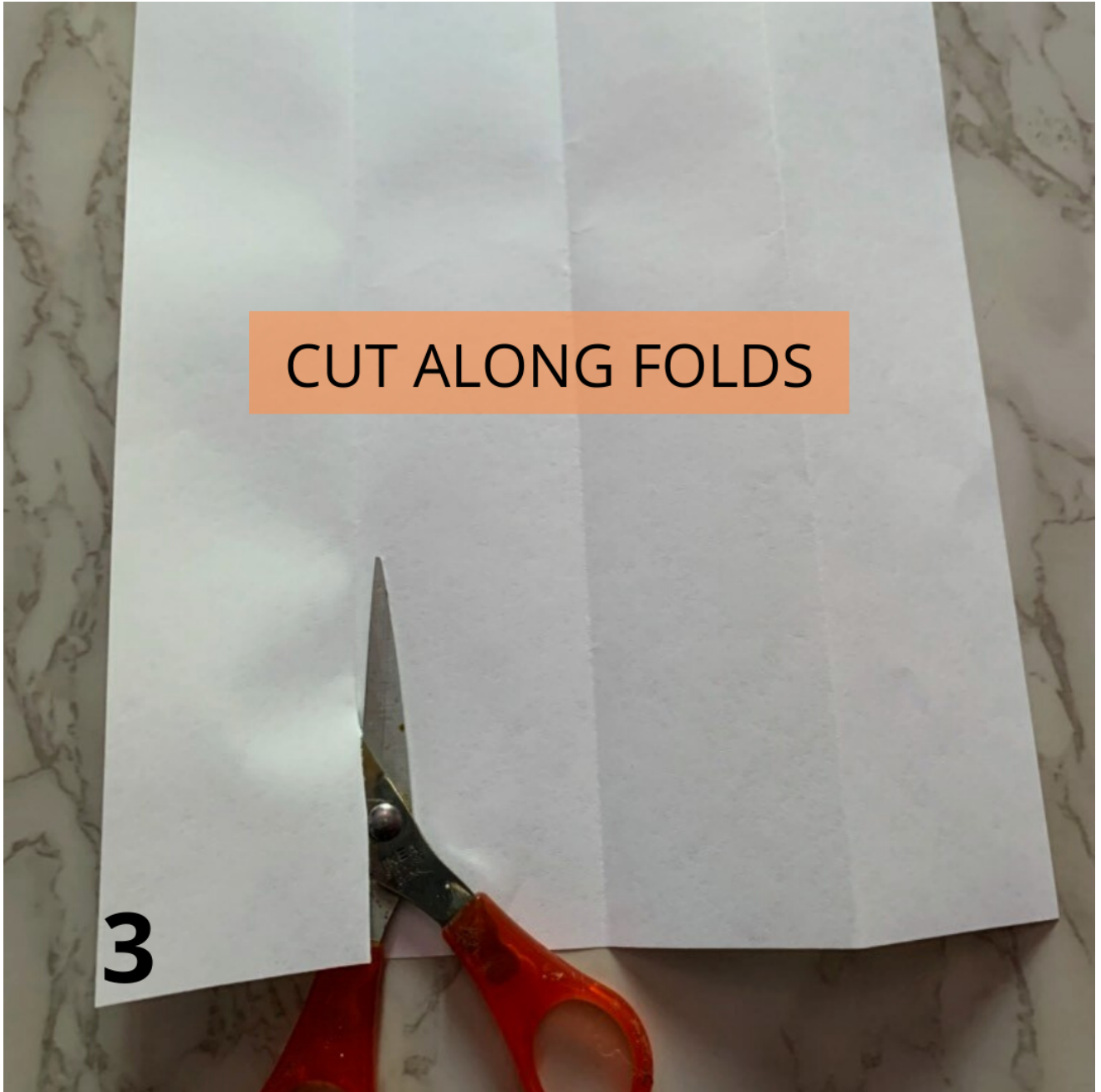
FOLD IN HALF TWICE

2



CUT ALONG FOLDS

3





Roll a strip of paper, tape,  
and dress your doll.



4

Attach some yarn strips  
together for hair.



5







## 1. Supplies:

- White sheet of paper
- Scissors
- Glue
- Tape
- Marker
- Scrap pieces of fabric
- Yarn

2. Take your sheet of paper and fold it in half length wise, two times.

3. Cut along the folds to make strips.

4. Roll a strip of paper up and tape the edge closed. This is your doll body. Next, wrap your scrap fabric around the doll to make clothes and tape or glue it down.
5. Add a face with your marker then tie together some strips of yarn. Glue the yarn down to the top of your doll's head. This is its hair.
6. Make as many as you want!