

Lesson Plan #2 - Family Lit

Title: Not-to-Worry Dolls

Objectives: In this lesson, parents and children will:

1. make a *"Not-to-Worry-Doll"*
2. spend positive time together working on a common activity
3. point out the positive steps to take when worried about something in life

Session Time: 20 – 30 minutes

As Guatemalan custom has it, diminutive worry dolls remove frets and worries from sleeping children, who confide one concern to each doll before they go to bed. Our version of the worry doll is bigger than the conventional worry doll in order to make it simpler for small hands to make.

There is a legend amongst the Highland Indian villages of Guatemala: "If you have a problem, then share it with a worry doll. Before going to bed, tell one worry to each doll, then place them beneath your pillow. Whilst you sleep, the dolls will take your worries away!"

Materials:

- Chenille stems
- Yarn
- Scissors



Procedure:

1. Fold a chenille stem in half. Form a loop at the folded side (this will be the head) at the top and twist tightly several times just below the loop (this will be the body). The two sides that are left will be the legs.
2. Cut a chenille stem in half. This will be the arms of the doll. Twist tightly onto the body.
3. Now start wrapping the yarn around the chenille to form clothes. As you wrap, don't go completely to the end of the tie or the yarn will slide off. Leave a little at the end for hands and feet. Wrap the yarn down one leg and back up it. Then down and up the other leg. You will have to make several wraps up and down the torso to make it thick enough.
4. Choose another color yarn for the upper body. Wrap the arms going out one arm and back. Then go out the other arm and back.
5. Wrap some yarn around your hand and tie off in the middle. Cut the ends. This is the hair, tie it on the head. Another way to do the hair is to cut short lengths of yarn and tie each piece individually to the head.

Alternative for younger children: Cut out the doll pattern and have the child decorate it with markers, construction paper, etc. Glue on yarn for hair. The child could have the hair standing straight out as if the doll were “stressed”. The child tells a worry to the doll before going to bed and then puts it under his or her pillow.

Note: This lesson plan is included in the family education kit, ***Taking Positive Steps – Positive Thinking for a Positive Life***, available through the **Southern Illinois Professional Development Center**.