

WORRY BOX

One way to say goodbye to your worries is to put them in a box and send them away. You can do this with your family or some friends. Write down the things that are bothering you on a piece of paper. Put them in a small box. You can wrap it in black paper if you want. Think about the worries you want to get rid of and say out loud - "GOOD RIDDANCE!" Then you can throw it away, stomp on it, or bury it. One girl stopped sucking her thumb by sending away her worries about it in such a box.



You can make your own box. Here's one way using the Japanese art of paper-folding called origami.

1. Take a square piece of paper and mark the center by folding the paper in half one-way, opening it up, and folding it in half the other way.
2. Open up the square again and fold all 4 corners in to the middle point.
3. Fold each side into the middle, opening after each fold to go on to the next. The square made by these folds is the bottom of the box.
4. Fold out two points from the middle - top and bottom
5. Re-crease the two other side edges into the center and stand this crease up to form two sides of the box.
6. Fold up the remaining sides of the square and bring the points up and over the sides to meet once again in the center, folding in the corners.
7. Repeat with a slightly smaller square to make a bottom for the box.

For illustrated instructions for making this box click on <http://www.collectionscanada.ca/settlement/kids/021013-1812-e.html>

Illustrator Marie Le Tourneau made her worries look like the monster below. What do your worries look like? Draw them on this page. Once you know what they look like, you could draw them really little and yourself really big to show who is in charge!



Is A Worry Worrying You?

By Harriet May Savitz and Ferida Wolff and illustrated
by Marie LeTourneau

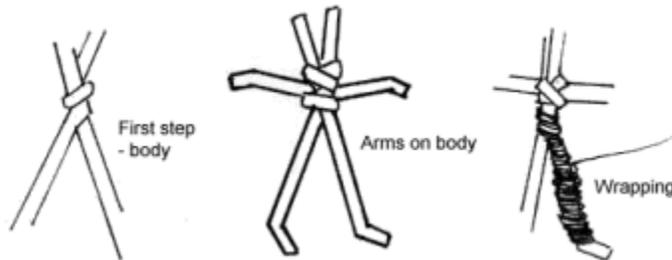
Worry dolls, or trouble dolls, are very small [dolls](#) made in [Guatemala](#). Before children go to bed, they tell their worries to their dolls, one at a time. They believe the dolls take away their worries while they sleep. Often six dolls are kept together in a tiny wooden box. The dolls, about 1-1/4 inches tall, are made with wire or wood with paper wrapped around, and yarn or fabric scraps wrapped on for clothing.

The worry dolls made by following the instructions below will be larger than traditional dolls. It's easier for small hands to construct the larger dolls. The doll(s) can be stored in a decorated box or a small drawstring bag.

Worry Doll

Materials needed

Twist ties (3 per doll)
Colored embroidery floss or yarn
Scraps of construction paper
Scissors
Glue
Narrow tip black marker



Twist two twist ties together about one inch from the end. Leave the short ends together for the head, and separate the long ends for the legs.

Wrap the third twist tie around the first twist for the doll's arms. Cut if necessary for the doll's arms to be the same length. Bend the ends of the ties for hands and feet.

Tie the end of a long piece of yarn or floss around the center of the doll, and wrap the yarn around body and down one leg. Then wind the yarn back up the leg. Wind down and up the other leg, and tie off the ends.

Wrap the chest and arms the same way that the legs were wrapped.

Fold a small piece of construction paper in half, and trim to a circle shape for a head. Leave it joined at the fold. Fold the head over the twist tie ends, glue in place, and add a face. Now you have a worry doll!

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