

# ***Traditional Worry Dolls***



# ***A tradition in Guatemala...***

*If you have worries that are keeping you awake at night, tell them to a worry doll and place it under your pillow.*

*Let the worry doll do the worrying for you so you can have an uninterrupted, restful sleep.*

*Who knows, maybe those worries might not be such a big problem in the morning!*

*Tell me all  
about it,  
sweet pea!*





## ***Helping Others:***

*You can construct worry dolls of your own using wood, scraps of material and yarn.*

*If you know somebody who is worrying, why not make them a set of worry dolls to take away their worries!*

*Make sure you tell them where the dolls originate from and what they are for!*

