



Activity Packet

Make a Worry Doll

Worry dolls sometimes referred to as trouble dolls are a traditional Guatemalan toy that are small, colorful little people that a person places under their pillow after telling them something that is bothering them, and then goes to bed. Overnight, the worry dolls are said to worry in the person's place, letting them sleep peacefully.



Wooden Clothespins, Yarn or Embroidery Thread, Pipecleaners



Wrap & twist a pipecleaner around the clothespin to create arms. Cut to size for arm length.



Begin wrapping your clothespin with yarn. Wrap over the pipecleaner as well.



When wrapping gets to the waist, you can start wrapping each "leg" individually



Wrapping the other leg!



Worry Dolls

Give your worries to these Doll's, it's time to heal your heart.
Every day is a new beginning, where hopes and dreams can start.
Give your worries to these dolls, release your doubts and fear.
Trust in me to be around, may your worries all disappear.

www.peaceandquiet.online

The advertisement features a white background with a clear plastic bag on the left containing several small, colorful worry dolls. To the right of the bag, the title "Worry Dolls" is written in large, multi-colored letters. Below the title, there is a group of seven small, colorful worry dolls. The text below the dolls provides a message of healing and hope, and includes the website address at the bottom.

Breathing Exercises

Breathing exercises are another tool we can use to calm our racing heart when worries seem overpowering. Here are 3 breathing exercises to try when you are worried:

Bee breathing: Breathe in deeply through your nose counting to 4. Hold the breath for a count of 4 and then blow it out while buzzing like a bee. See how long you can make your buzz last.

Animal friend breathing: This can be done with any kind of stuffed animal. Lie on your back on the floor and place a stuffed animal on their belly. Inhale for a count of 4, watching the animal rise up as their lungs are filled with air. Hold the breath for a count of 4 and then slowly release for a count of 7, watching the animal slowly fall back down. This method helps to really visualize the rise and fall of your breaths.

Lazy 8 breathing: For a silent, seated breathing exercise you can do anywhere, practice lazy 8 breathing. You will need a printable of the number 8 lying on its side. You begin on one side of the 8, tracing it with your finger. You will inhale as you trace half of the 8 and exhale as you trace the other half of the 8.



Focus on Control

Sometimes it is helpful to understand what we can and cannot control and then focus on the things that we can actively do to help ourselves.

You will need to gather a rock and play dough. The rock represents things we cannot control. The play dough represents things we can control. What happens when we squeeze a rock? Nothing. We can't change the rock. What happens when we squeeze play dough? We can shape it, mold it, and change it. The same is true for worries. When we worry about things outside of our control, we do not change them. When we instead focus on things we can control, we can make positive changes to help ourselves feel better.



Make Worry Stones



how to make
worry stones



Worry is a very normal thing, but it sure doesn't feel that way when your heart starts to race and your palms get all sweaty.

How to Make Worry Stones

A traditional salt dough takes on a magical spin with the addition of sparkles and an accompanying calm down strategy.

Making the Salt Dough:

- four
- salt
- warm water
- gel food coloring
- sparkly glitter

Mix 2 parts flour and salt in a bowl. Add 1 part warm water and stir it to create a doughy paste. If it is too dry add a little more water until a dough is formed.

Tint the dough with the food coloring and mix in the glitter.

Now turn the simple salt dough into a worry-busting tool by forming the dough into small cubes and indenting the sides a little bit with your thumbs.

Let sit overnight or until completely hardened.



How to Use Worry Stones

You gently rub the sides of the stones with your thumbs and forefinger to calm yourself down. You can put them in your pockets to use when you are going to face a situation that may make you worry.

Worry Bubbles

Sometimes worry feels like little bubbles inside our mind. We can feel worry in our tummies, in our brains, or pretty much anywhere inside our bodies. This activity is designed to help us release worry bubbles so that we feel more calm and relaxed.

1. Find a bottle of bubbles
2. Think about the worry that is bothering you and picture that you are blowing the worry into the bubble as you blow a bubble
3. Picture the worry inside the bubble.
4. Watch it float away and pop, carrying the worry far, far from you.
5. Know that the worry has popped and is outside of you now, unable to bother you anymore.
6. Keep blowing bubbles until you feel more calm and relaxed.

