

Lesson 2

Worry Dolls

Worry dolls (also called trouble dolls; in Spanish, *Muñeca quitapena*) are small, hand-made dolls that originate from Guatemala. According to legend, Guatemalan children tell their worries to the Worry Dolls, placing them under their pillow when they go to bed at night. By morning the dolls have gifted them with the wisdom and knowledge to eliminate their worries.

The story of the worry doll is a local Mayan legend. The origin of the *Muñeca quitapena* refers to a Mayan princess named Ixmucane. The princess received a special gift from the sun god that allowed her to solve any problem a human could worry about. The worry doll represents the princess and her wisdom.



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Why do you think the children say their worries to the doll and then put it under their pillow?

- Saying our worries out loud can help us deal with them

What else could you do when you are worried about something?



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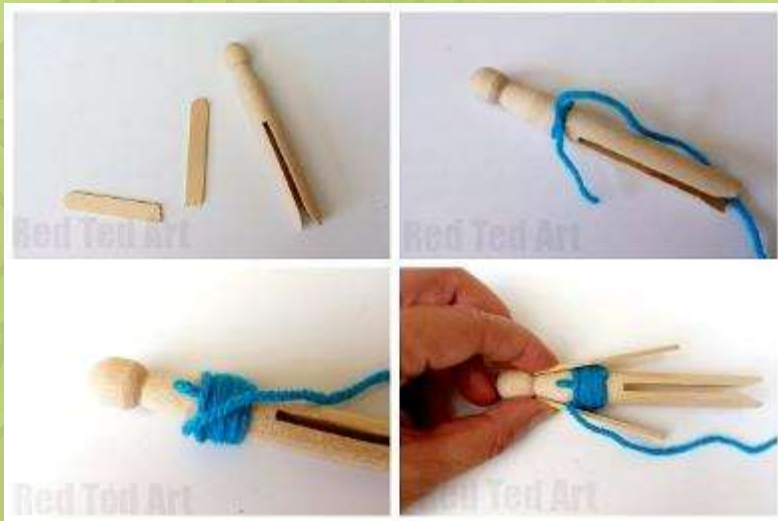
You have a go at making a worry doll. You will need a wooden peg, bits of wool or yarn or ribbon or pipe cleaners and felt tips.



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or



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Or



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or



You can stick a round head on made out of card and attach your hair to the top or draw your hair on your face card.

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