

**"Worry dolls** come from the Central American country of Guatemala. They are made from tiny pieces of wood and scraps of cloth and thread. Long ago the children of Guatemala made these dolls and when they went to bed at night, they would tell a worry to each one before placing them under their pillow and going to sleep. In this way, they would wake up in the morning feeling much less troubled."

"To this day, children in Guatemala trust their dolls to take away their worries as they sleep, and this custom has now spread around the world."



In Kindy we read the text, "SILLY BILLY" by Anthony Browne. We looked at all the things that Billy was worried about and identified the people who tried to help Billy overcome his fears and anxieties.

We decided to **CREATE** our very own "worry dolls" too! The children will be bringing their worry dolls home upon completion, so they too may use the dolls to release their worries and place under their pillows at night!



For guidance or advice regarding anxiety in children, Kidsmatter have some excellent reading materials and resources: <https://www.kidsmatter.edu.au/health-and-community/resources-families/mental-health-difficulties/anxiety>

