



## Worry Dolls

There are times when we can all experience worries, and these can sometimes seem overwhelming. In some place such as Mexico and Guatemala, children traditionally use a worry doll. The idea is that the child tells their doll about their sorrows, fears and worries, and then hides it under their pillow during the night. The child sleeps whilst their worry floats away.

The link below will take you to a wonderful story and activity by Alistair Bryce-Clegg— you will learn how to make your very own worry doll. Enjoy!

[ABC - Silly Billy Worry Dolls](#)

The screenshot shows a web browser window displaying a blog post. The page title is "ABC DOES A STORY - SILLY BILLY BY ANTHONY BROWNE". Below the title, it says "Posted by Alistair Bryce-Clegg | March 31, 2020 | 24 Comments". The main content area features a red-bordered image containing two smaller images: on the left, the cover of the book "ABC DOES... A STORY" by Anthony Browne, and on the right, a hand holding several colorful worry dolls. Below this image, the text reads: "I grabbed a few spare minutes to read you Silly Billy by Anthony Browne - I hope you like it! Why don't you try and make some worry dolls like Billy. I did! I will show you at the end of the video...". At the bottom of the page, there is a video player with the title "ABC SILLY BILLY" and a thumbnail image of a character from the book "ALISTAIR BRYCE-CLEGG AT ABC DOES". The video player interface includes a search bar, a play button, and a "Copy link" option. The Windows taskbar is visible at the bottom of the screen, showing the date and time as 19/06/2023.