



CREATE A WORRY-KEEPER

Right now many of us are experiencing a lot of worries that can be hard to manage. To help manage these worries create a Worry-Keeper to help hold your fears. A Worry-Keeper is a special sock-creature whose job it is to listen to your worries and hold them instead of you. The worry keeper is based off Guatemalan worry dolls, which are small handmade dolls that children tell worries to and sleep with under their pillow to help with their worries.

If you're having trouble sleeping, place your Worry-Keeper by your bed and share what's on your mind before you go sleep. Your Worry-Keeper will hold your worries and fears while you sleep. Or, keep your Worry-Keeper in a location that makes sense to you. Remember, the Worry-Keeper loves to listen and to hold your worries so that you don't have to.

Directions

Materials:

- A Sock
 - Construction Paper
 - Magic Markers
 - Scissors
 - Tape or glue; hot glue if available
 - Buttons and small objects (optional)
 - Ribbon (optional)
 - Cotton (optional)
 - Scraps of fabric or paper (optional)
 - Any small/found objects (optional)
- 1) Place your hand into the sock with four-fingers at the toe and your thumb in the heel. The heel/thumb becomes the mouth of your Worry-Keeper.
 - 2) Once you look at your Worry-Keepers body let your imagination create the rest. See the example on the previous page for inspiration!