

Thank you so much for taking part

#MakeItYours

**Look out for the return of the
Free
Friendly
Artist led
'Make It Yours' workshops**

◆ Share your beautiful creation
with us on **Twitter** and
Instagram, using **@NJMideas**
#NJMWorryDoll

This mini workshop in an envelope is a gift to you from the National Justice Museum.

According to Guatemalan tradition, when children are scared or have nightmares, the Mayan people give them worry dolls before they go to sleep.

You can use the materials in this pack to make your own worry doll.

A step by step guide:

1. Arms (brown twine)

The clothes peg will be the doll's body.

Wrap the twine twice around the peg.

Tie a knot at the back and bring the arms to the front.

Use the grooves on the side to guide you.

2. Clothes (bright wool)

Wrap the wool around the body of your doll.

Wrap each of the 4 lengths of wool around the peg, tying a knot at the back.

3. Hair (dark green wool)

Wrap the wool around the top of the doll.

Hide the knot and its ends at the back.

4. Eyes

Add the eyes using a pen.