



How to Make: No-Sew Worry Dolls

Whenever you need to let go of worries, tell them to your worry doll. Some patients and survivors keep their dolls where they need them most – on a desk at work or in the car.

SUPPLIES & TOOLS

- Ball of crochet yarn (or, use thick embroidery/needlepoint thread)
- Scissors
- Fabric squares and scraps (12”x12” recommended)
- 1 piece of paper (8.5”x11”)
- Pen
- Markers
- Other craft odds and ends (feathers, glitter, buttons, etc.)

APPROXIMATE COST: \$25

DIRECTIONS

1. Write your current worries, fears, and anxieties on a piece of 8.5”x11” paper. Use the front and back if necessary.
2. Crumple the paper into a ball.
3. Place the ball in the middle of a 12”x12” fabric square. Cover the ball with squares, keeping the ball in the center. Trim extra fabric.
4. Using yarn, tie the fabric square at the base of the ball to secure the head. Leave the tails long for now.
5. Follow the crease of the 12”x12” square out to each side, left and right. Then, slide down about 1”-2” on each side. Pinch and gather the fabric to the middle to make the waist. This will make a “T” shape, with the head on top. The top of the T will be the arms. Loosely secure the pinched waist with yarn while you work on the arms.
6. Using yarn, start by wrapping around the chest in an X to hold the arms out straight. After a few passes, wrap the arms up and down the length of the fabric and back until they stand securely. Secure the yarn arms by finishing with the X across the chest and tie off behind the back.
7. Select more yarn and tie a firm loop under the chest, then wrap each panel of fabric down and up to make the legs.
OR: Take the loop of yarn loosely around the waist and loop fabric scraps over the loop to create a skirt. Tighten the yarn loop and secure it behind the doll when you like the fullness of the skirt. Add strung beads, tie in feather, and other things before tightening and securing.
8. Decorate! Use crafting odds and ends, feathers, buttons, findings, shells, gems, anything you want to give your doll character. Some people make a Vegas show girl, a nurse or an Irish fairy.
9. **Optional:** Use thin marker to add a face. Trim up any extra lengths of yarn or fabric after everything is secured with strong double knots.
10. **Optional:** Use hot glue to secure items that may not be able to be tied on with yarn, shells, beads, etc. Be careful not to burn yourself!