



Get Artty!

TAKE PART WITH ART

Getting started



Get Art! offers three fantastic activities created by [AccessArt](#). This is activity number 3 – Worry dolls. We hope your pupils enjoy having lots of fun getting creative, collaborating and learning.

We recommend running your Get Art! assembly before starting the lesson – everything you'll need for this is in your welcome pack and online. Alternatively, the assembly resources and art activity can be used alongside each other during the class.

Learning outcomes and links to the curriculum

The activities we have developed will help your school meet the National Curriculum targets for Art & Design for Key Stage 1 and 2. Get Art! achieves this in the following ways:

- ✱ Helps children explore new sculptural materials and processes.
- ✱ Enables children to develop their dexterity and fine motor skills.
- ✱ Provides experience in manipulating and transforming materials into artwork.
- ✱ Helps children gain confidence in their ability to express their ideas and make them real, and in being contributors to the world.

Duration of the activity



Pipe cleaners: 30 mins



Lolly sticks: 30 mins to an hour



Stick man: 30 mins to an hour

Introduction to lesson

Worry dolls are handmade dolls, most often made in Guatemala from wire, wool and small pieces of fabric. The dolls are often tiny, though Western versions can be much larger. Traditionally, the dolls are given to children to help them with their worries. Children will share their concerns with the dolls and then place them under their pillows where the worries will go away overnight.

AccessArt and Mencap have created three great ways for children to make their own worry dolls. This provides children not only with a great opportunity to practise their making skills, but also to create their own very special 'friend' who can listen to their worries and fears.

Choose a version from the dolls below – we start with the simplest suitable for Key Stage 1 children and move on to slightly more complicated versions. The great thing about all these dolls is that they are full of idiosyncrasies and can help teach children to accept and celebrate differences.



Worry Dolls activity

Here are three great ways for you to make finger puppets depending on time available or level of expertise. Starting with a simple print, colour, cut and stick and moving on to a full blown sculptural version, we hope you are inspired to make some puppets and possibly put on a show!



Top tip:

Use the tips to help bind the dolls in wool, whichever version is chosen.

Whenever possible, use long lengths of wool to bind the dolls; this will save unnecessary fastening and joining.

1. Start by tying a knot around the stick, leaving a 2 or 3 cm length of wool.



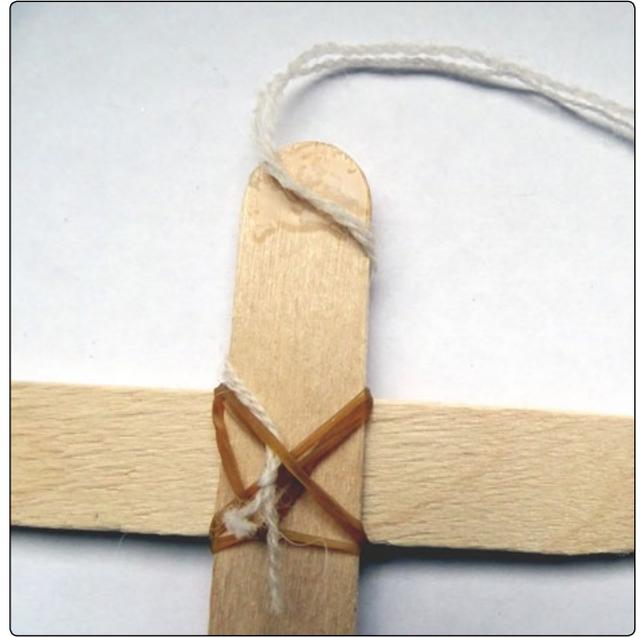
2. Bind the wool around the stick, catching in the length of wool to keep it tidy.



3. It's generally easier to make the first knot around the body, then work up to the head, then back down to the body. You can then use the same colour wool to bind the hands: take the same length of wool down the arm to bind the hand and then bind neatly back up the arm. Repeat on the other side, and if needed, down the legs.



4. If binding lolly sticks, children may choose to add a small amount of glue at the head, hands and feet to secure the wool. However, glue won't be needed if they just bind sticks.



5. To fasten the wool or change colour, make a simple knot by creating a loop around the stick and passing the wool through it.



6. Pull it tight. Cut off the wool again, leaving a 2 to 3cm length.



Join the next colour as before, again catching in the end of the wool to keep it tidy.

Version **1**

USING PIPE CLEANERS

These are the simplest worry dolls, suitable for Key Stage 1 children. Some children may need help or practise to bind the wool around the pipe cleaners, but we encourage them to have a go - it's important that children get this kind of fine motor skill practice.

You will need:

- Pipe cleaners
- Scissors
- Wool
- Felt tip pen

1. Take two pipe cleaners and bend as shown on the right:



2. Connect them by twisting the legs around the neck, and then wrap the arms around the body to shorten the arms.



3. Bind with wool to dress the worry doll (see the binding tips above).



Use colourful wool to dress the doll. As it's made of pipe cleaners, it can be bent into different positions.

Activity complete!

EASY

Version **2**

**USING LOLLY STICKS
OR SIMPLE WIGS**

MEDIUM



You will need:

- Large lolly sticks, or smaller lolly sticks, straight twigs, or even cocktail sticks
- Scissors
- Elastic bands
- Wool
- Fabric
- Glue
- Felt tip pen

Use larger lolly sticks (available from craft and school supplies). This version is particularly good for those children with smaller fingers.

1. Take two lolly sticks or other types of sticks and make a cross shape. Use an elastic band to secure them in place:



2. Bind with wool as described in 'top tips' above. You can also use fabric to create simple clothes.





3. Add simple faces using a felt tip pen.



Activity complete!



Version **3**

MAKING STICK MAN WORRY DOLLS

HARD

This version is perhaps the most fun and results in dolls with real personality. Look for body-like forms in twigs to help create a stick man version of the traditional worry doll.

You will need:

- Selection of "Y" shaped twigs
- Scissors
- Elastic bands
- Wool
- Fabric
- Glue
- Felt tip pen

1. Collect "Y" shaped twigs to help make the stick men. Use secateurs to help trim twigs to shape - you might like to collect twigs on the children's behalf. Two "Y" shaped twigs are needed for each worry doll. Top tip: try not to use old twigs, because they may snap easily.



2. Lay the two twigs over each other, as shown in the image below, to make a figure shape.



3. Secure with an elastic band.



4. And bind with wool to dress.





Activity complete!



Extension activity

Use the worry dolls to start a discussion

Now it's time for the children to reflect on what they've made, how they might use the dolls, and discuss the theme of 'worries'.

- ✿ Encourage children to work in small groups to act out appropriate scenarios with the dolls.
- ✿ Use the dolls as a focus for a small group discussion about worries. Ask: do you have common worries, or worries which you think are unique to you? How easy is it to share your worries? How might we make big worries seem smaller?

Access more resources at www.mencap.org.uk/getarty

About AccessArt

This Get Arty! activity was developed by our partner AccessArt.

AccessArt aims to inspire and enable high quality visual arts teaching and learning through an evolving collection of unique teaching and learning resources.



- ✿ If you are a teacher or educator, you'll find their collection of resources will help you plan art lessons and provide ideas, inspiration and guidance.
- ✿ If you're an artist working in education, a facilitator or a museum and gallery education officer, you'll find the resources will help inspire and develop your practice.
- ✿ And if you are a creative practitioner, we're sure the ideas will help inspire your own practice.

AccessArt resources are based upon over 20 years of educational practice and we believe by sharing them we can all work together to inspire the next generation of creative individuals.

Find more resources to help explore creativity in the classroom at www.accessart.org.uk



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