



Longwood Center for the Visual Arts
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Professional Development Teacher Workshop
Integrating Art Therapy into the Classroom
February 14th, 2014

Lesson: Worry Dolls
Grade Level: First Grade

Although this lesson is written for first grade, worry dolls can be a great project for any student who is going through a stressful time. Making these dolls could be a great project to do for SOL testing or exams.

Worry Dolls or trouble dolls are small colorful dolls that are used to ease a person's worries. A person (usually a child) who is worrying too much about something can hold the doll and tell the doll about their worries or put it under their pillow when they sleep. The doll is thought to worry in the person's place, giving the person a better peace of mind.

Goals	Virginia Standards of Learning
Using their imagination, and by seeing examples of worry dolls, students will create their own doll.	1.5 The student will create art from real and imaginary sources of inspiration.
By cutting, gluing, molding etc. students will use their fine motor skills to create their worry doll.	1.12 The student will use motor skills (e.g., cutting, modeling, molding, tearing, weaving) to create two- and three-dimensional works of art.
After the students have created their dolls, they can look at each other's dolls and describe the similarities and differences.	1.17 The student will describe similarities and differences among works of art.
After making the worry doll, students can explain how telling the doll about their worries is a way of using art to communicate their feelings.	1.19 The student will describe how feelings, ideas, and emotions are communicated in works of art.

Supplies and Materials:

- Large popsicle sticks (1 per student)
- Colored pipe cleaners cut in half for arms or legs
- Colored fabrics cut about 2” x 2”
- Markers
- Scissors
- Glue
- Fun adornments (glitter, ribbon, sequins, googly eyes etc.)
- Paper (8.5”x11”)

TEACHER AND STUDENT PROCEDURE

TIME	TEACHER PROCEDURE	STUDENT PROCEDURE
MIN		
5 Minutes	The teacher will discuss with the students what it means to worry about something. What do you worry about? Does something make you feel upset?	Students will discuss what they think it means to worry. The students will answer questions about what types of things might worry them.
10 Minutes	The teacher will explain that they are going to make worry dolls (or worry helpers if boys don't want to make a "doll"). The teacher will explain that once they make their own doll, they can tell their doll about their worries and the doll will worry for them instead, thus giving them a better peace of mind. The teacher will show examples of worry dolls.	The students will understand that they are making their own worry doll. They will understand the their use is to help them feel better about the things they are worried about. The students will see examples of other worry dolls.
5 Minutes	The teacher will demonstrate how to add objects to their dolls. (show how to glue or cut items and attach them to the sticks)	The students will see how to add items to decorate their dolls.
Remainder of Class	The teacher will facilitate classroom work time.	The students will use the provided materials to create and decorate their own personal worry dolls.
End of Class		

5 Minutes	The teacher will have the students walk around and look at each other's worry dolls.	Students will look at the other dolls their peers have created.
5 Minutes	The teacher will give every student piece of paper to write their name on. The doll will then be placed on the paper and put on the drying rack to dry.	Students will put their name on paper and then put their dolls on the drying rack to dry.

References:

Darley, Suzanne, and Wende Heath. *The Expressive Arts Activity Book: A Resource for Professionals*. London: Jessica Kingsley, 2008. Print.