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Activity Idea

Worry Doll Pens

Recommended for Ages 12 - 18

A worry doll is seen as a trustworthy listener and once the doll is hidden under a pillow, the doll will take all the anxieties and worries that plagues us during the day for a fresh worry-free morning. Make a few *Worry Doll Pens* and carry one at all times to allay your anxiety and worries in these troubled times, and in addition, you will have a nifty pen to write with.

Materials:

- One ball point pen
- Two toothpicks
- Glue
- Scissors
- 3 colors of yarn or string (any type)

Instructions:

1. Measure your pen and make 3 marks. Your pen will be divided into a head, torso, and legs. The top of the pen will be the head, make your mark at 1 ½ inches from the top of the pen, measure 2 inches for the torso and the rest for the legs which will be around 3 inches depending on the size of the pen.
2. Decide what colors you will use and make sure that the head mimics skin colors. You can use any type of yarn, embroidery floss, or string to cover your pen.
3. Place a bead of glue at 1/2 inch from the writing tip. Start wrapping the yarn you have chosen for the legs around your pen. A good way to do it is to hold your yarn on your right hand and start rotating your pen so the yarn will start covering the pen. (Use your left hand to hold the yarn if that is your dominant hand.) Push the yarn together so it will cover the pen casing. Place a vertical strip of glue on the pen and continue covering the pen with your yarn. Stop at your torso mark, cut your yarn and glue in place.
4. Continue by placing a strip of glue on the pen and wrap the torso with your designated color. Stop at the head mark, cut, and glue in place.
5. Take your skin color yarn and wrap the head adding a strip of glue to hold it in place. Do not worry about the top of the pen, you will be adding hair, so this spot will be covered.
6. Take your toothpicks and, with your scissors, cut off the pointy ends. Place the top of the toothpicks at the beginning of the torso, these will be the arms. Place a dot of glue on the toothpicks and not on the yarn (no need to glue the whole length of the toothpicks just a little at the top). Glue the toothpicks at each side of the pen.

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7. Using the same color yarn as the shirt, place a drop of glue to start and do a few wraps before starting to cover the toothpicks. Place a line of glue on the toothpicks and then start wrapping the toothpicks and the pen together. This part will have double the yarn and it will create a shoulder effect. You will be covering only half of the toothpicks; you want the arms to show.
8. Let us get ready to make the hair.
    a. To make two braids, make one long braid, make a knot in the middle of the braid to separate it into two. Tie it at both ends and drape it over your pen and glue it right on the center top of the pen, add a little glue on each side of the pen head.
    b. To make one braid, tie only one end, and leave loose strands on the other end. Glue those loose strands on the top and glue a little bit of the braid on the back of the pen.
    c. If you want curly hair, wrap your strands around a pen, a skewer or a chopstick, use a clothespin to secure the end or you can make a loose knot at the end, add water until the yarn is completely wet; let it dry in the sun or use a hairdryer. Once the yarn is dried, Slide the yarn off your pen, you will have curly yarn. Drape it over the head and glue.
    d. If you want loose hair on your doll, grab a piece of yarn and place it horizontal on a flat surface, hold it in place with clothespins or a piece of tape. Take one piece of yarn at a time and make a hitch knot over the horizontal yarn. Continue adding yarn until you have enough to cover the head of the pen. Gather your yarn in one hand and the horizontal piece of yarn on the other hand and pull both until all the yarn comes together and forms an upside-down U shape. Place the hair upside down like a beard over the pen head and use the placement yarn to tie it on the back, add glue to it to hold it in place. Push back the hair and adjust it to your liking.
        i. To make a hitch knot, hold your yarn in half, place it underneath your horizontal yarn. Fold the top over, making a loop and pull the tails through the loop securing it to the horizontal yarn. Pull the tails to tighten it.
9. You can embellish your doll, by adding tiny buttons to the front, or tiny flowers or even small beads.

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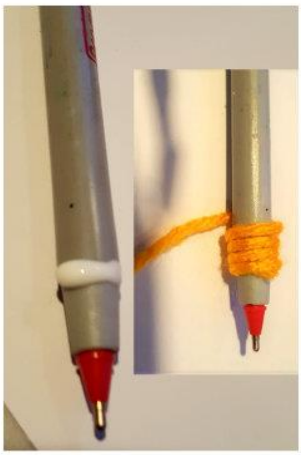
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