

What are worry dolls?

Worry Dolls are tiny, hand-crafted dolls from Guatemala.



The dolls are clothed in traditional Mayan costumes and stand one-half to one inch tall.

Worry Dolls are little dolls that are made with string and wood, which are kept in a small colorful bag. You usually have six worry dolls per bag.



You take only one worry doll per worry and tell them your worry before you go to bed. Then, you place them under your pillow when you sleep.



The legend of the worry dolls says that when you wake up the worry doll will be gone, just like your worry.

What do people in the U.K do to help them with their worries?

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