

# Worry Dolls



While in Guatemala I noticed the little dolls that everyone wears. We see them all over the states too mostly in hair ornaments. But I wasn't aware of their significance until I was doing a clown show at LaEsculita Elementary School in Oakland. The children had all their worry dolls lined up on a shelf (shown below). Their teacher, Dawn Warfield, (below) introduced me to the "worry doll."



According to legend, Guatemalan children used to tell one worry to each doll when they went to bed at night and then placed the dolls under their pillows. In the morning the dolls had taken their worries away.

The more I thought about it, the more I realized that these would be great for kids in the hospitals to make for their parents! Children are very concerned that their parents are upset, unhappy and worried. I think if a child gave their mom or dad a worry doll, it would make a bond and ease a heart. But thinking about it, it would also be fun for the seniors in nursing homes to give to the children. I would be really touch to get one for Christmas!

You make them out of straight clothes pins. They are available at any craft story by the bag. Add little pieces of yarn for hair and little bows. The elementary children made all the ones below. I wish the photo was in color.



I wanted you to see how unsymmetrical they are. The children's worry dolls are really so inventive. The worry dolls below have popsicle sticks added for arms.

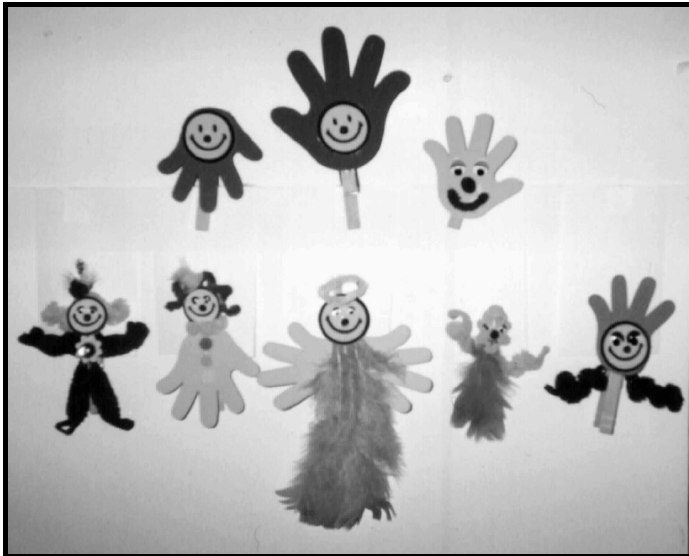


A Treasure Chest: At this time of year the stores have so many pretty little boxes. I found a little red velvet treasure chest at a discount store! In it I have all sorts of little "treasures" for making worry dolls: buttons, ribbon, yarn, sequins, the odd ear ring, goggle eyes with lashes. Great treasures for working one-on-one at the bedside of a child. I would suggest the glue be handle by you. If you have not discovered "Quick Grab" glue. Look for it at your craft store. It does what it says. It will attach immediately and then dry in a minute for a strong hold. You can get a Michaels Craft store location from [www.michaels.com](http://www.michaels.com).

The worry dolls above and below taken off the internet. Yarn has been rapped around the cloths pins for leggings and shoes. Yarn is again used for hair.



# and other little creatures ..... to watch over you



In China, Patch commented "When you start giving away things you become a vendor." We discussed that in the last newsletter. I call it the "give-me's" It was very obvious one day in China when the bus broke down. We had a street carnival going with everyone playing until someone started making balloon animals. It was amazing to see the atmosphere change. All the little Chinese children very dutifully lined up. The "carnival ended with several clowns fanatically making balloon animals. The connection was lost. I saw this happen over and over again. When you rely on the thing to make the connection it is a shallow connection. How often do you go somewhere in clown and the first thing the children will say is "Can I have a balloon" It is Clown's fault for establishing this pattern.

In the hospital this too can happen. However, we are usually in a one on one situation. The first time I realized I needed give-aways was when a patient asked me after we had spent some time together. "Do you have something to remind me of you" In working this way you are giving them a reminder of the love and cheer you bring. The love and cheer is not the give-away. New clown be careful here. Giving the thing is a nice climax to the connection - it is not the connection!

A funny story. When the woman asked me If I had anything to remind her of me all I had were balloons. (I have since stopped carrying balloons automatically --(I took none to China). I made her a balloon flower. I started making balloon flowers for everyone in ICU. I would tie them around the TV wires up high so the patient could see them. It would also tell me at a glance which room I'd been in. Going to the hospital several days a week, I notice that the balloons were still in the rooms (some of them dulled with age) then I saw the ICU head nurse heading down the hall "Shobi I need to talk to you!" I thought "Oh what have I done?" She started "Y ou must not tie the balloons in the rooms, we can't get them down and the cleaning disinfecting units are washing them each time the room is re-occupied.

Now when I do a balloon which is usually only on holidays I just slip them between the wires. Hospital are also becoming more concerned about latex balloons. These little creatures on these pages are latex free and easy to make. Fun to do with children and your family.

At my craft store -- I got a variety of very inexpensive clothes pins -- the spring type. I bought the spring type as I figured it would be easier to clip them on something in the hospital They also had packages of tiny (½ inch) spring type clothes pins in assorted colors. I also bought some packages of precut foam sheets. They had ready made smiley faces in assorted colors (a true find). I added on feathers, squiggly eyes (with eyelashes) from OTC (Oriental Trading Company 800/875-8480 and if you have access to a resale licence from Fun Express 800/228-0122 or Intl. 402/596-2660

I got to work with *Alfi* Debbie Schuller and we came up with the ones pictures to the top left. It felt like sitting around a table decorating Christmas Cookies. (That should give you plenty of ideas.) From the top are "Hands down you're the best" "Do you need a hand?" "You're very handsome" and on the next row a variety of creatures to "watch over you." IN the center is "A little angel to look out for you" which is non-denominational angel and clips on anything.

*Bebop* Aurora Krause of San Antonio Texas gave me a hint at clown camp. She puts little red pomp poms on all her little creature give-aways. "That makes them all little clowns"



Don't forget to carry your little treasures in an empty Cheer detergent box. Put a little strap on it and sling it over your shoulder.

## More Give-Aways

### *The Diamond Connection*

Carol Johnson submitted a **diamond pin**. She carries a jewelry box with several of the safety pins with dimes glued on. A **diamond neckless** is made by stringing the diamond cards of a small deck of cards. Diamond ear rings, diamond tie pins and diamond rings are made with dimes. You need to glue them with a metal glue. The hot glue came off many of them.

The Oasis Caring Clowns sent me a whole box of ideas. Many of theirs are made of paper so they can stand on meal trays. A little dog twisted out of Christmas tree beads like a balloon twist with a drop of glue to hold the head up. They also glued it onto a heart shaped piece of cardboard with the name of their club.

### **Pom Pom Bears**

I particularly like the little **pom pom teddy bear**. It is made out of different size pom pom glued together with googly eyes a little red nose and a sequin heart. There are two ½ inch pompoms for the body and ¼ inch ones for the arms and legs and smaller ones for the ears. It is very soft and sweet. They have attached a red tie so it can be hung. Thanks to Muriel Stone for sending them.

Caryn "Ruthie" Abrams made **red nose ear rings** and red nose tie pins out of the red pompoms for clowns and friends.

### **3 Piece Chicken Dinner**

How about a **3 piece chicken dinner** (a little plastic bag with three corn kernels with e piece Chicken Dinner on it. It is now a part of my "take out chicken" lunch (my lunch box full of rubber chicken gags) which I never go to the hospital without.

My favorite give away came when I worked with *Alfi* using the little spring clothes pins. They are only ½ inch. We put the ½ inch foam smiley faces and glued eyes and a little red pompom for the clown nose. They can clip on staff ID's or anywhere. What if you can find the foam smiley faces? Well, you can find other shapes and add little hats or hair and the eyes and noses. The smile can be drawn on with a sharpie. They are fast to make. Again like decorating Christmas Cookies only no calories.

### **Free Wait Training**

Michael Fandal puts signs around saying "Free Wait Training" Great to leave on elevator doors, bus stops or waiting rooms.

He also has a travel size bottle of "Scope" tied onto the end of his Stethoscope

### ***Red Nose Prescription***

A Tibetan monk advises C.W. Metcalf in his book *Lighten Up, Survival Skill for People Under Pressure* that in order to understand life you must first discover the silliness in seriousness. To do this, the monk continued, rise each morning and stand naked in front of a mirror and laugh at yourself (even if you don't feel like it). Repeat this every morning until you find yourself easily laughing from your heart -- a "heartly belly laugh."

Well, you really don't need to get naked -- just shed your inhibitions. Wearing a red nose helps. It gives us permission to play and be silly. It's a way of opening up to the humor perspective on life. Try the following:

- ♥ Take the clown nose into a room that has a large mirror where you can be alone (as a bathroom),
- ♥ Put the nose on and make many different faces
- ♥ Do not leave the mirror until you are laughing at yourself from that silly being inside - a hardy uncontrollable belly laugh! You may have to fake it, but do it even if you have to act as if you're silly at first. It will take around 15 seconds to get going. No kidding!
- ♥ Bring the nose to the hospital, and share with your mother/father/son/daughter and/or friend.

Children love to see their parents/adults act silly.

May you never pass a mirror again without making a silly face.

Shobi Dobi, the Clown