

Worry Doll Assignment

Close your eyes and put yourself into your 5 year old mind...What did you like to wear? Did you have a favorite stuffed animal? Who was your teacher? What did your room look like? Get yourself into your 5 year old self....

What did you worry about at 5?

Now, put yourself into your 10 year old brain...Who was your favorite teacher? Did you have many friends? What were your interests?...Get into your ten year old self...

What did you worry about at age 10?

At 15, you're in highschool. How are things different now from your younger years? Are they more complicated? What is your favorite subject? What is your family dynamic and does that add stress to your life? Do you have good friends that you feel you fit in with? How do grades, school work and athletics play a role in your life?

What did you worry about at age 15?

When you are 20, can you envision what you will be doing? What does an average day look like? Who will still be in your life? Will you be across the country or globe? Will you be paying for college?

What WILL you worry about when you are 20?

Objective:

Using 4 wooden clothespins, fabric, buttons, paper, yarn, or anything else you deem necessary to tell your worry story. Clothe them, add accessories, use colors intentionally, create a visual representation of your worries and anxieties at each age (5, 10, 15, 20) and be prepared to discuss them.

TEACHER/ STUDENT SAMPLES

