

# INSTRUCTIONS

How to make a Worry Pal/Worry Doll/Damit Doll

1. Gather your materials
2. Make yourself a cup of tea 
3. Put on your favourite album/podcast/book-on-tape
4. Cut out your pattern and secure it to your fabric of choice using pins - cut BODY x2 & ARMS x4

5. Now with your fabric cut, pin right sides together (print sides) and sew about 1/8" in from the edge leaving the dotted lines open for the arms and stuffing later!

*SEWING TIP! START AT ONE ARMPIT AND USE A RUNNING STITCH OR BACKSTITCH TO SEW ALL THE WAY AROUND THE LEGS TO THE OTHER ARMPIT. DO THE SAME FROM THE SHOULDER TO THE SIDE OF THE HEAD ON EITHER*

6. Turn the body and two arms right side out before stuffing the legs and arms (unless you've stitched wrong sides together to have your stitching show on the outside-in which case, move on to #7)

7. Stuff the legs and arms (a chopstick or pencil comes in handy here!) and use a running stitch to close them off where indicated on the pattern

8. Attach the arms by inserting the open edge into the body of the doll through the armhole up to the line of stitching and sew it shut along the open seam

9. Stuff the body and head

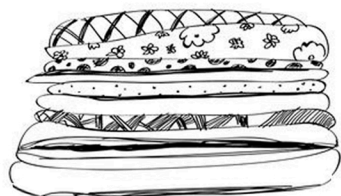
10. Finish off the head by using an invisible stitch or whip stitch (it will be covered by the hair later on)

11. Now get creative!!! You can give your worry buddy a facial expression using embroidery thread, button eyes, yarn for hair, there are no rules or limits to how you wish style your doll

You can make 'em as real or as wacky,  
as calm or as worried  
as you like!



## MATERIALS



FABRIC



SCISSORS

NEEDLE  
&  
THREAD



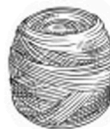
STRAIGHT PINS  
&  
PIN  
CUSHION



BUTTONS



EMBROIDERY THREAD



YARN



Doll Pattern

