



Worry Dolls



I'm your little worry doll. Keep me by your side.
When worries pop into your head. Don't let the tear drops slide.
I will always listen. I am laid right next to you.
Tell me how you're feeling. No need for feeling blue.
Tell me all your secrets. And let me comfort you.
When the night time comes. Then sleep with take you through.
My magic is so powerful. It sets you free from harm.
Your dreams will be happy. And your morning full of calm.

By Debbie Palphreyman, ©ELSA Support 2016



*Color the dolls as you please, then cut them out!
Whisper your worries to the dolls. Place them in an envelope.
Allow the dolls to carry your worries for you as they are out of sight.*

