

# When the World was Grey

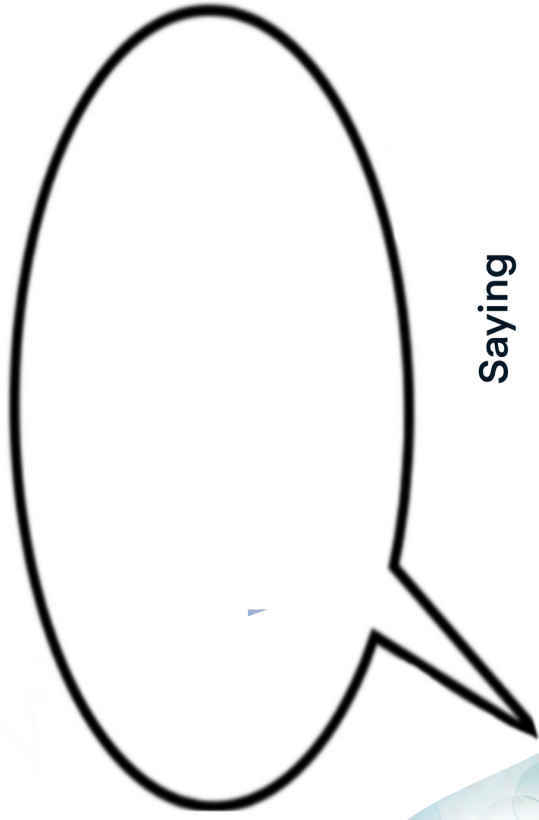


## Activity Pack

[www.childbereavementuk.org](http://www.childbereavementuk.org)

<https://www.griefencounter.org.uk>

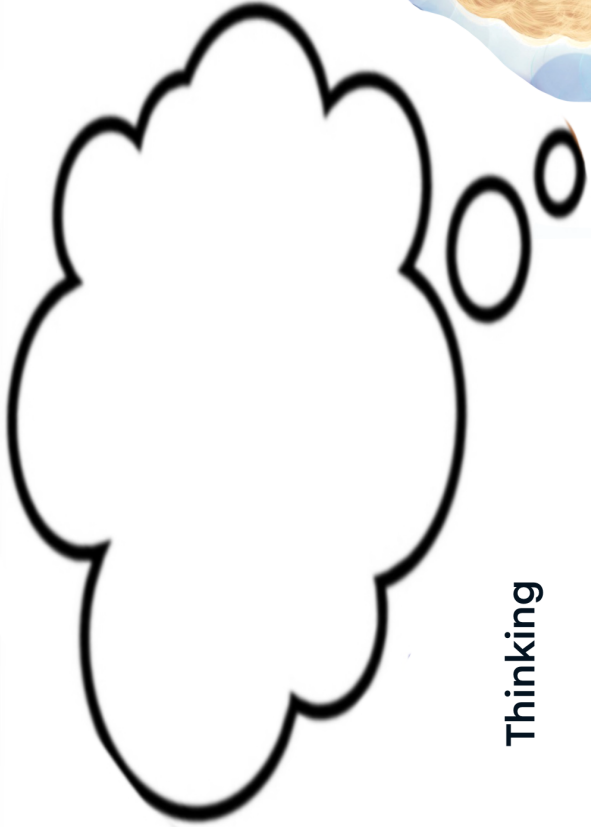
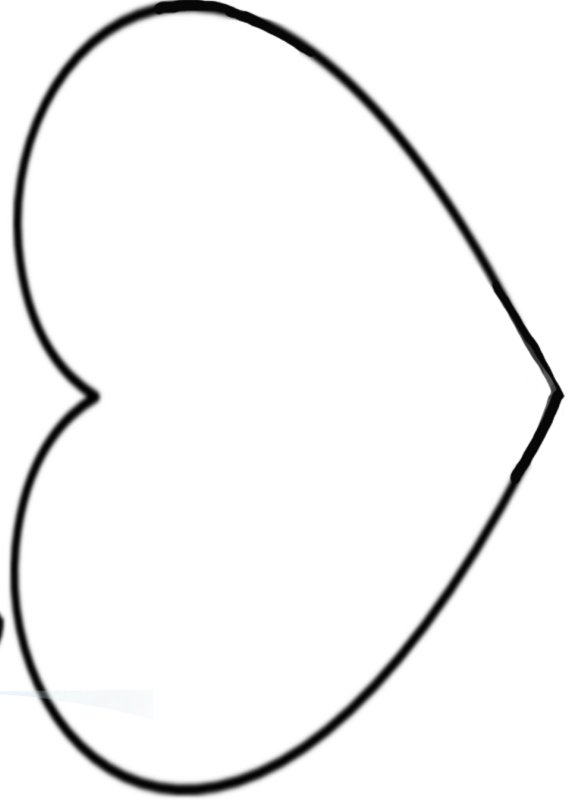
<https://childhoodbereavementnetwork.org.uk/>



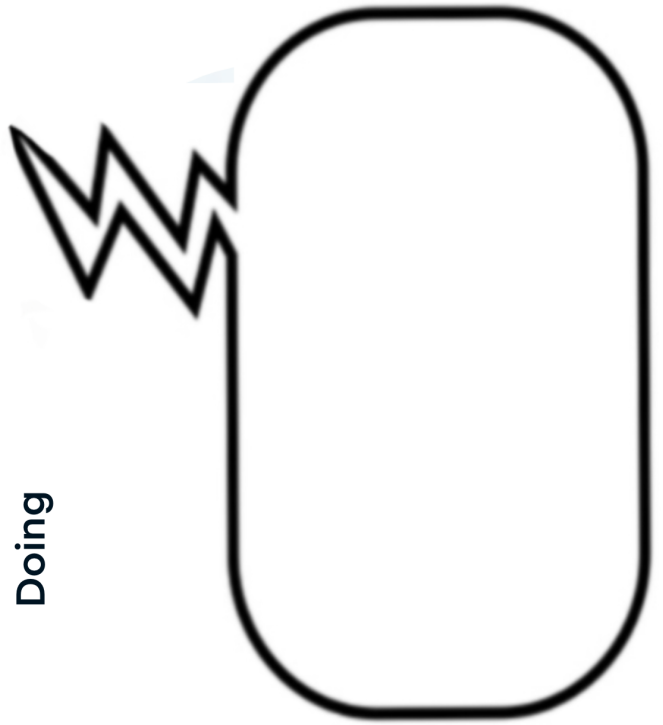
Saying



Feeling

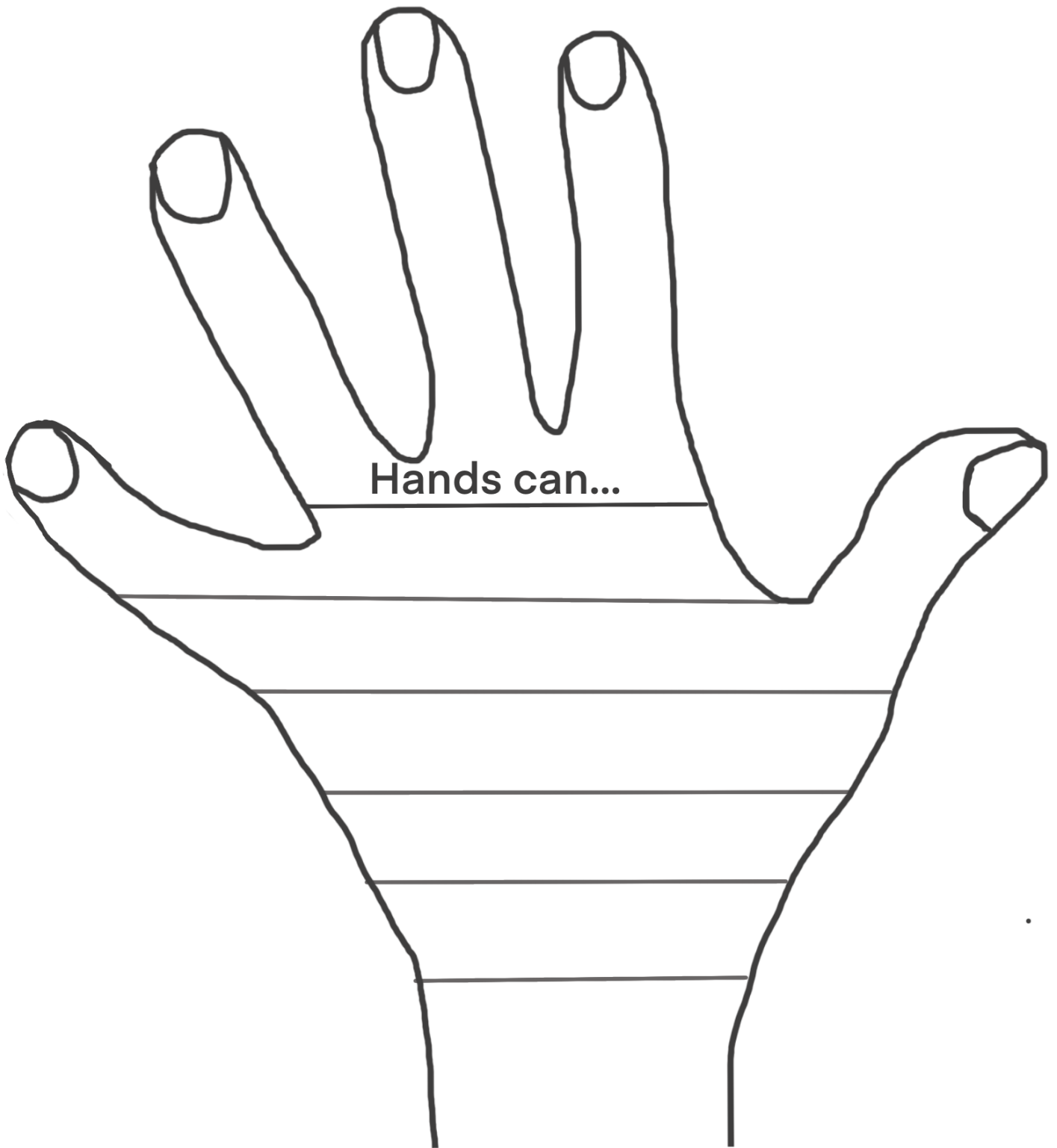


Thinking

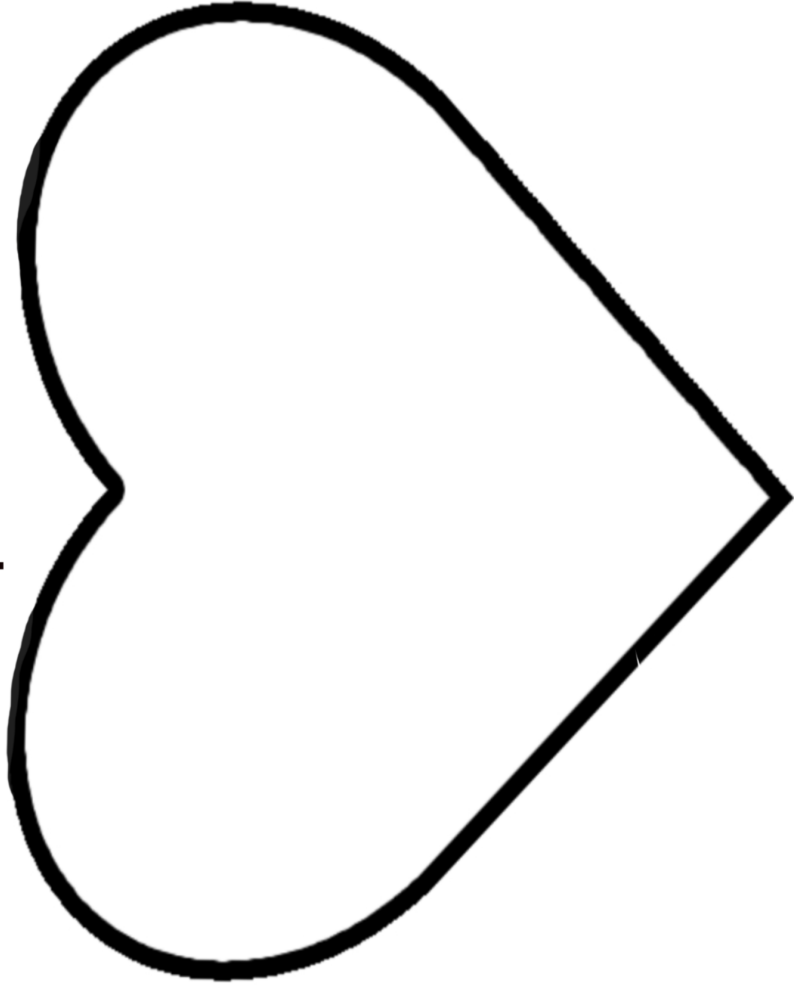


Doing

# The hand of friendship



People I love

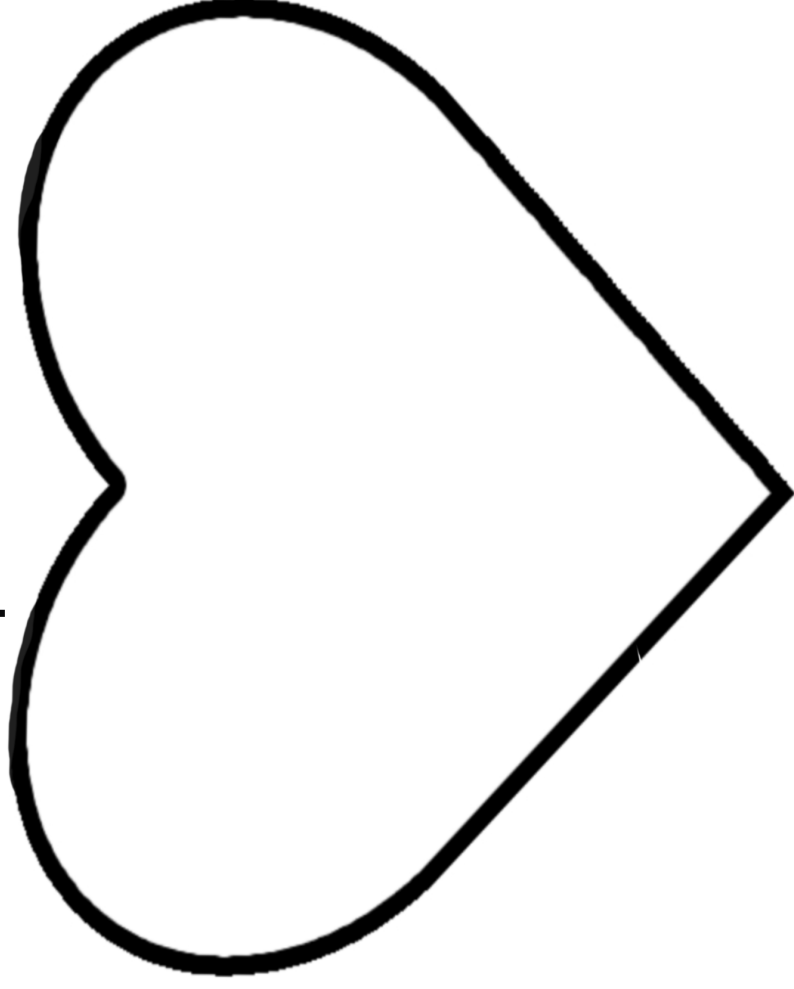


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People who love me



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# Guatemalan Worry Dolls

Mayan Tradition has it that when the world was young a goddess named Ixmuqane made humans from the maize fields. She was a kind princess who was concerned that some of the people had a lot to worry about. The sun god decided to help her and gave her a bag of worry dolls. Ixmuqane could now solve all the peoples worries by telling the worry dolls about their problems. She would place the worry dolls under her pillow and by the morning those worries would disappear.

## Make a worry doll.

You will need

Wooden dolly pegs or lollipop sticks

Left over wool of different colours/ scraps of material.

Permanent marker

Glue gun.

Draw a face onto the dolly peg/ lollipop stick.

Below the face glue a thin strip of cardboard to the back for arms.

Wind wool around the body and arms to look like clothing or cover with material.

Add some hair maybe a hat.

Using material scraps cut a rectangle shape out that is two and a half times the length of your doll.

Place long strip of material in front of you with the back of material facing up.

Fold the bottom up to meet the top

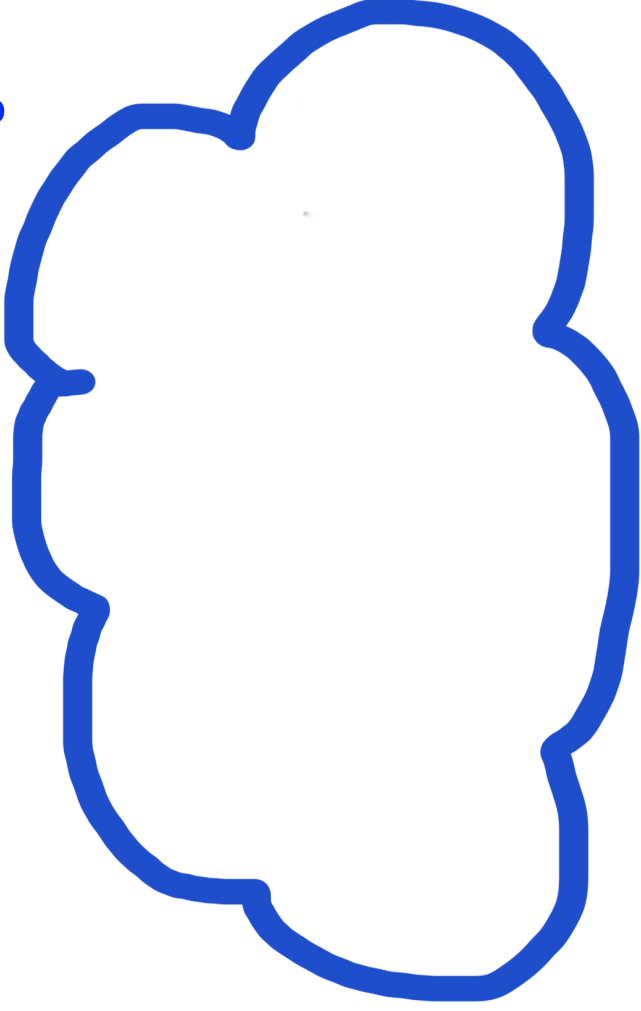
Glue the sides together with material glue.

When dry turn the bag inside out to show the nice side of the material.

Cut off a long piece of wool.

Place doll in bag and tie around the top with wool.

I miss doing these things with you.



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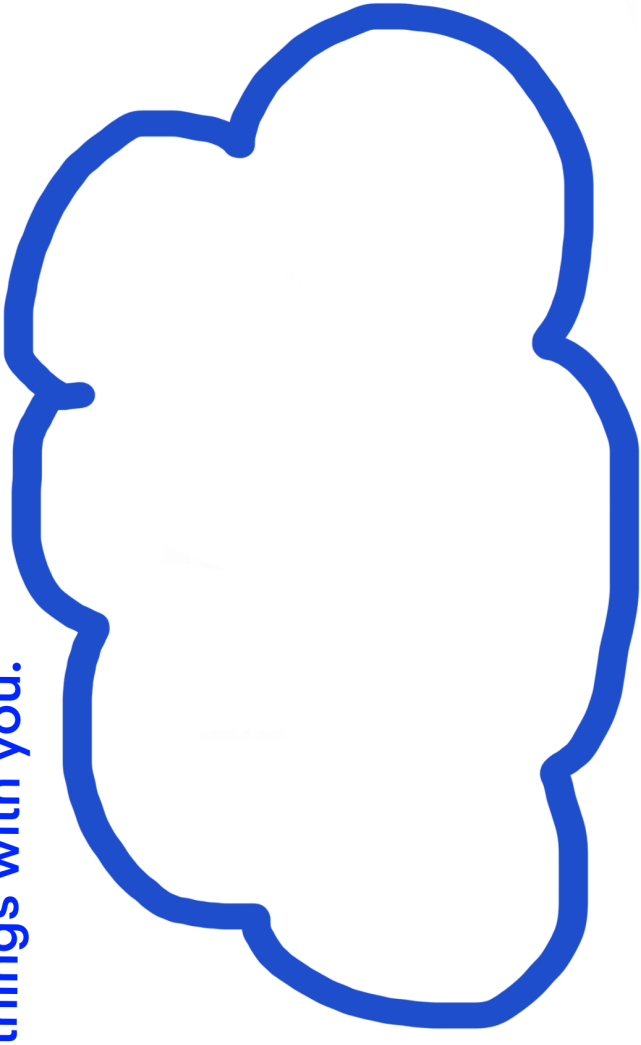
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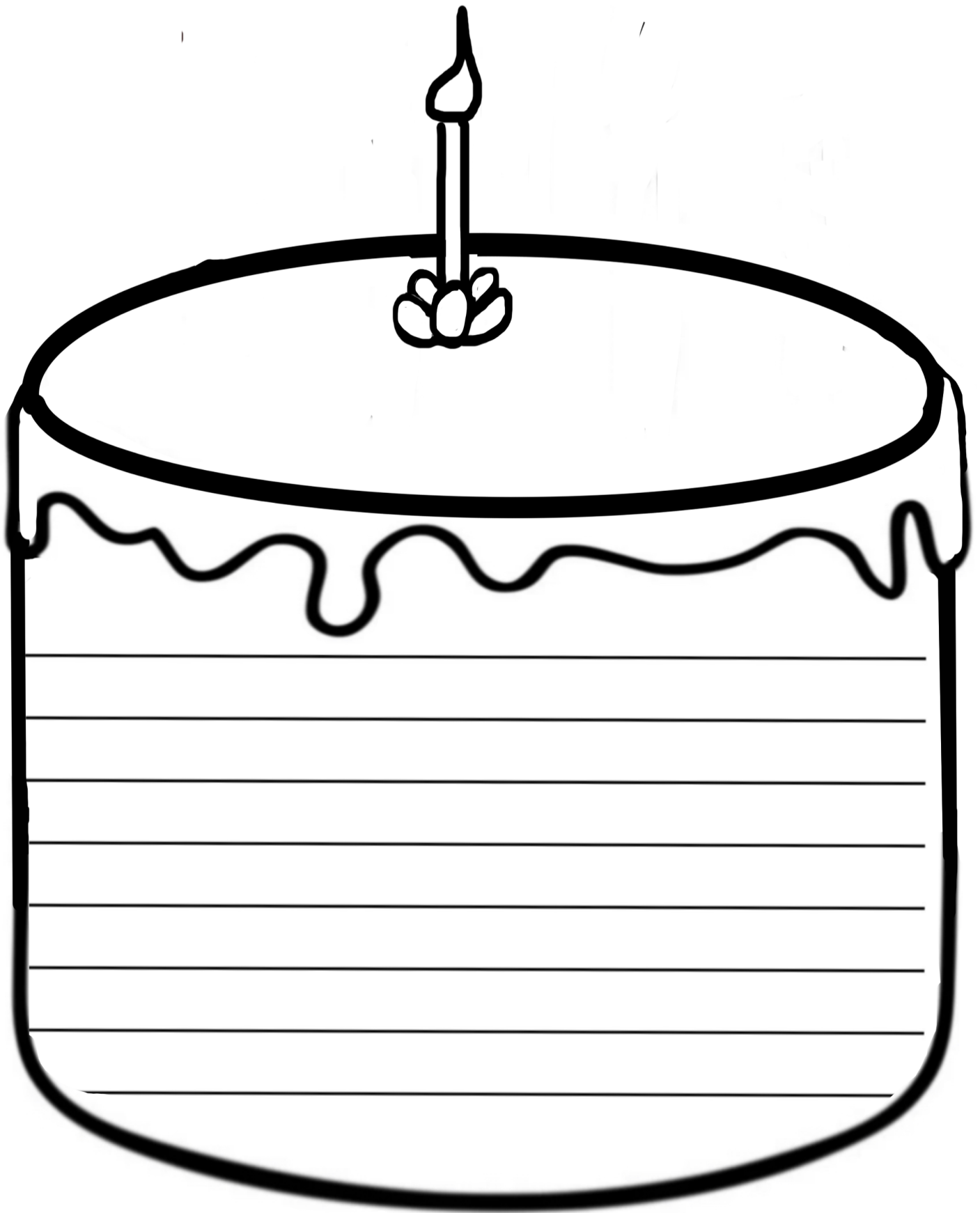
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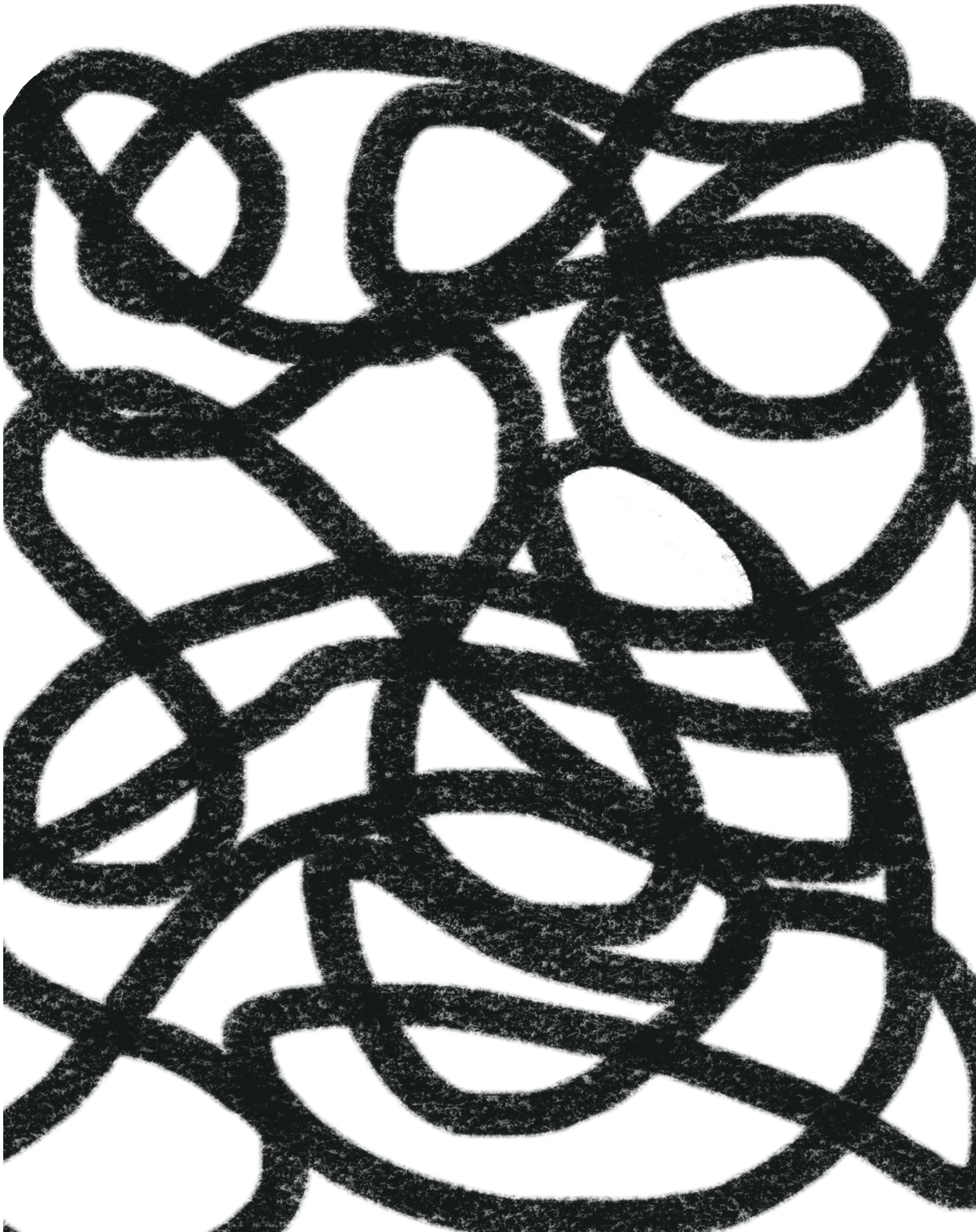
For your birthday this is what I did.

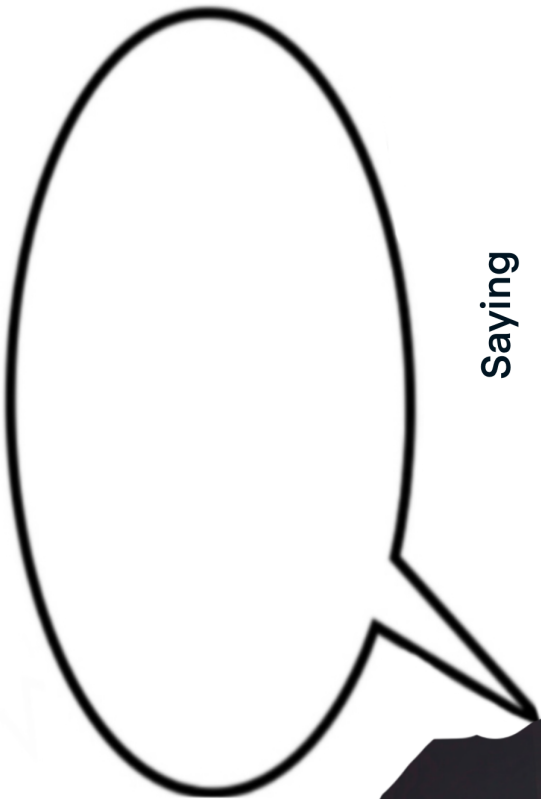


Add the correct number of candles.  
Write what you did to celebrate.

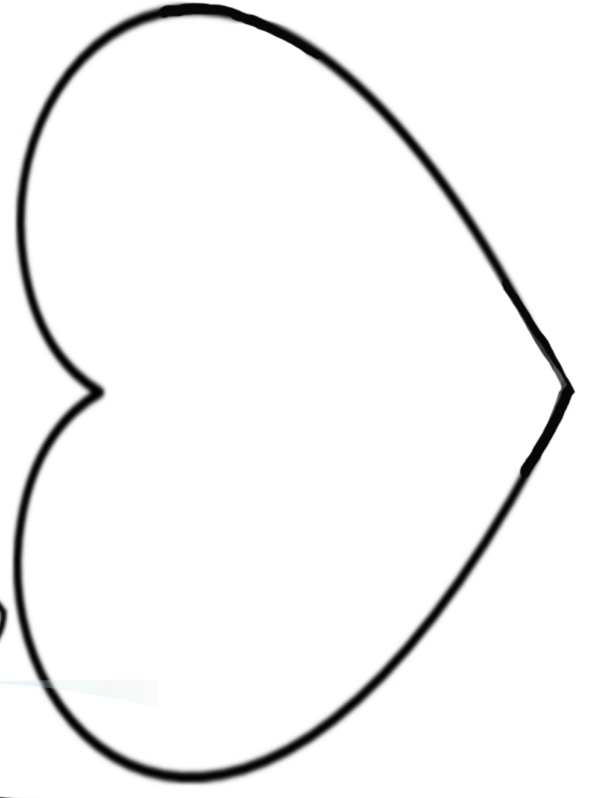


No same colours can touch

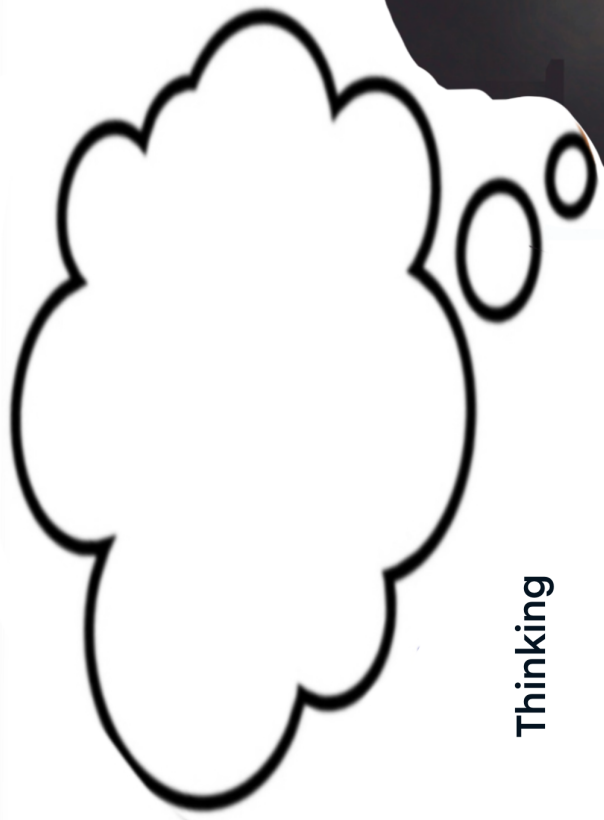




Saying



Feeling

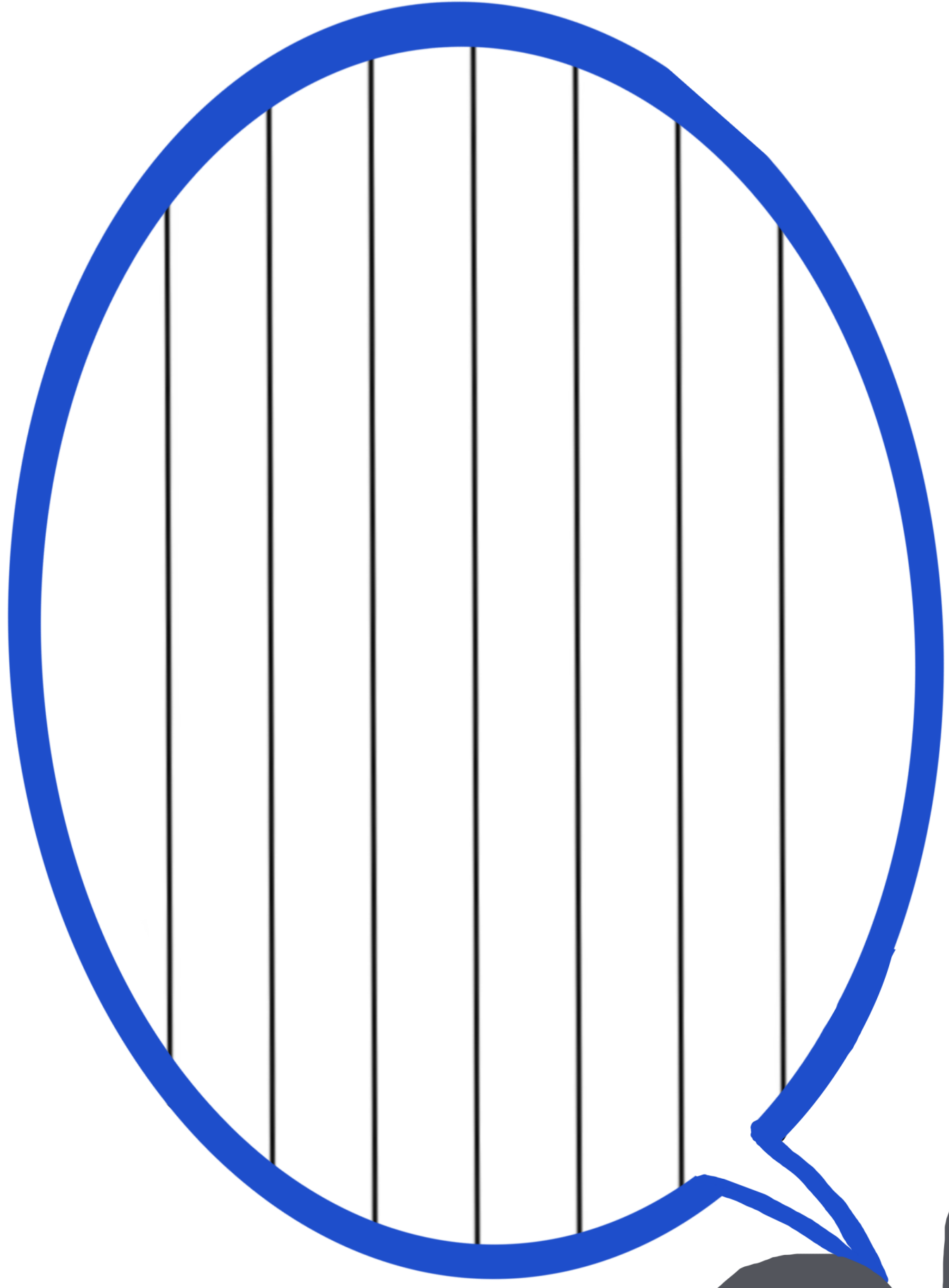


Thinking



Doing

If only I could talk to you, this is what I would say today.





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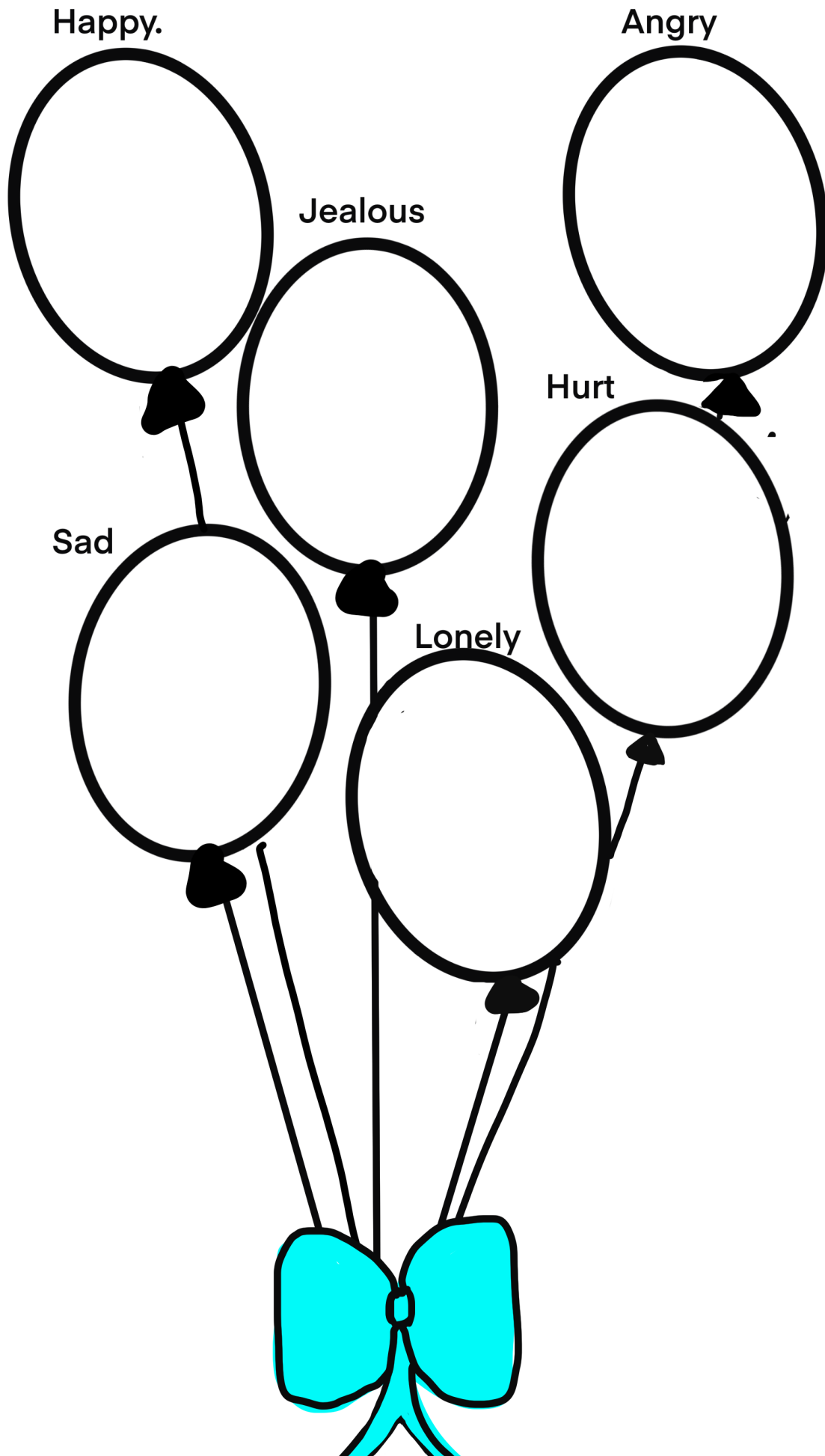
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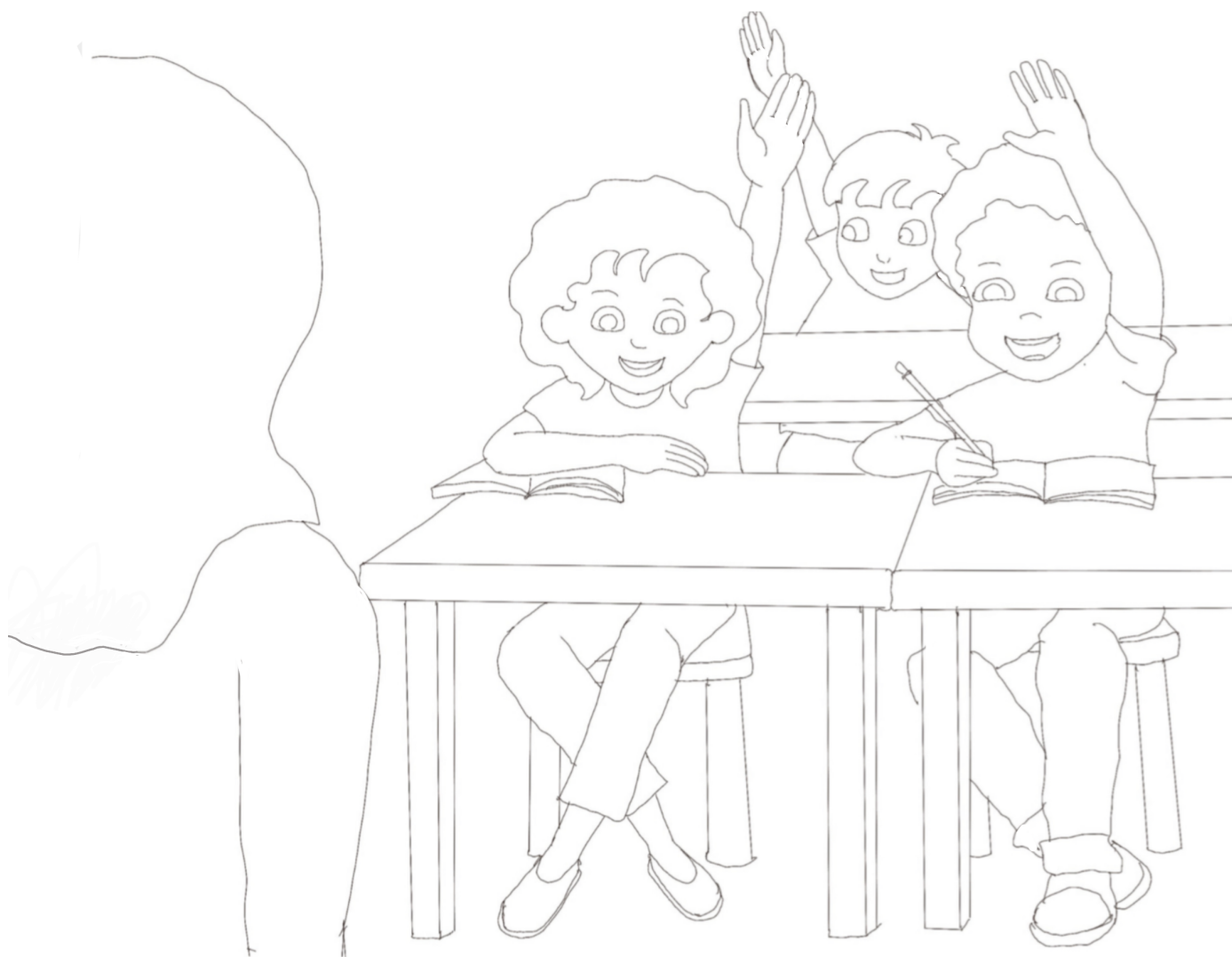
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# If feelings were colours





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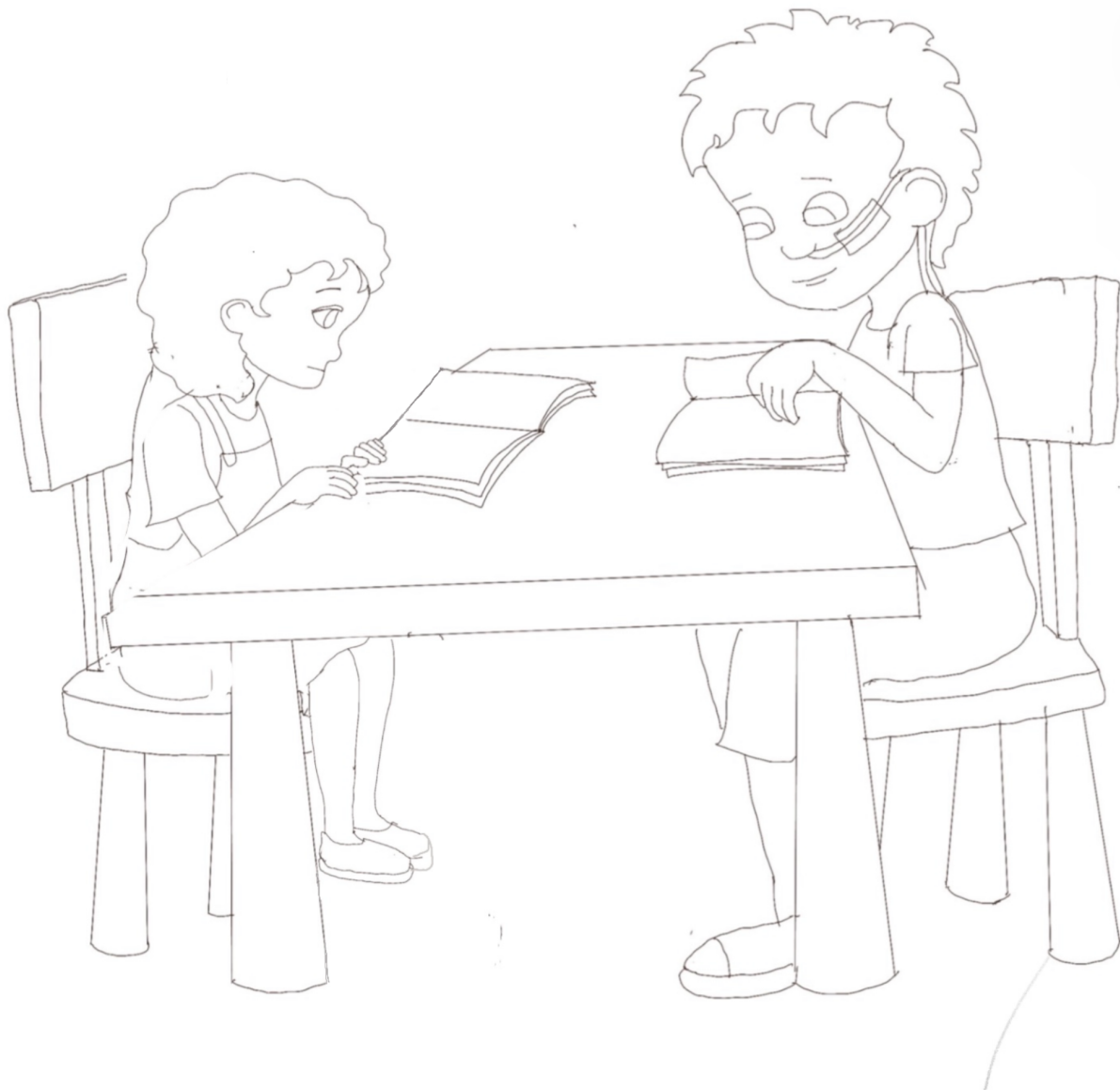
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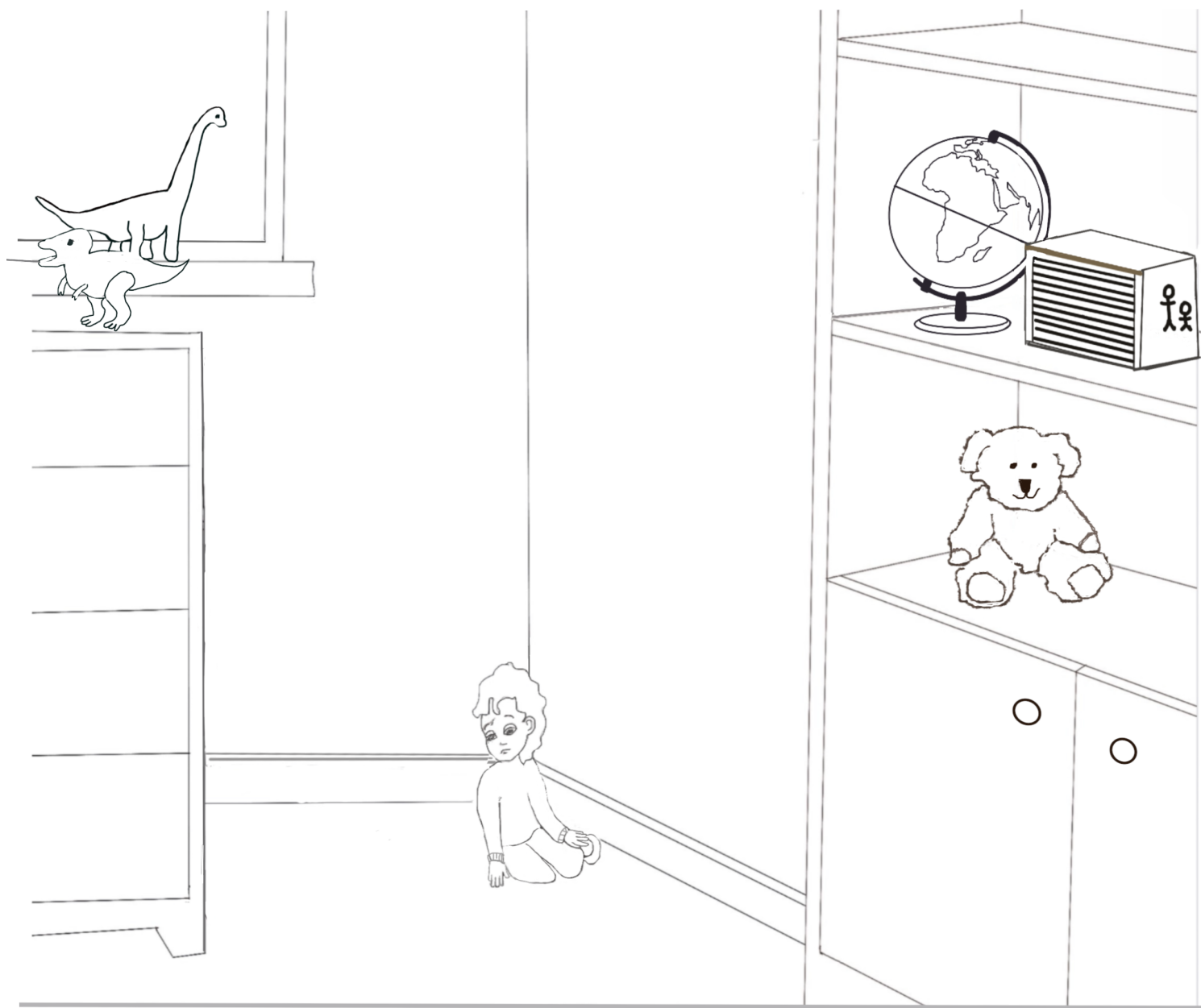
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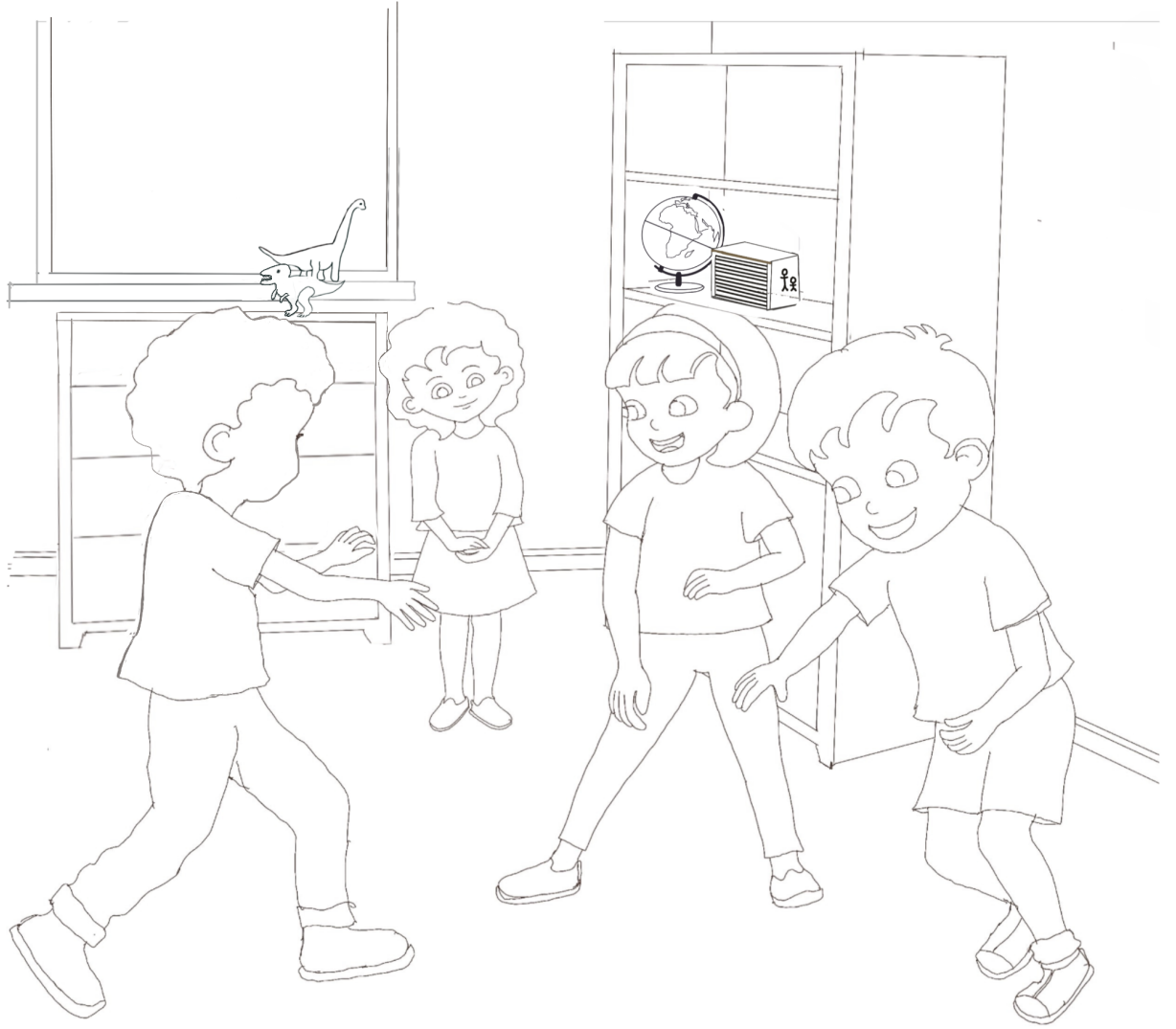
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