What Are You Worried About?

**Big Idea:**

Artists and every day people use their personal experiences and unwelcome situations to create and produce positive and fulfilling artistic creations to ease unhappiness and trouble.

**Objectives:**

We are humans, and we worry. Unfortunately this bad practice leave us with nothing but a tired mind and body. We learn to worry from a very early age and many times we forget that trouble and unhappiness is nothing we can solve by adding more fear and worry to it.

With this lesson I want my students to think insightfully about how unnecessary excessive worrying and fear can be. Instead students will learn to use their creativity in a positive direction by turning fear and trouble into an artistic expression: Worry Dolls.

Students will:

- Learn about Guatemalan culture and traditions through a class discussion and presentation.
- Share what they believe worries them in a pair and share activity.
- Identify the negative aspects of excessive worry and how it can do more harm than good.
- Create three to four of Worry Dolls using simple and accessible materials as a way to materialize what troubles them.
- Develop an awareness in art-making through repurposing materials.
- Describe how each worry doll relates their story and what they can do to make a negative situation into a positive one.
Standards:

9.1.5.E: Know and demonstrate how arts can communicate experiences, stories or emotions through the production of works in the arts.

9.2.5.A: Explain the historical, cultural and social context of an individual work in the arts.

9.2.5.D: Analyze a work of art from its historical and cultural perspective.

9.2.5.E: Analyze how historical events and culture impact forms, techniques and purposes of works in the arts

9.2.5.G: Relate works in the arts to geographic regions: Central America

9.2.5.I: Identify, explain and analyze philosophical beliefs as they relate to works in the arts

9.2.5.K: Identify, explain and analyze traditions as they relate to works in the arts

9.3.5.A: Identify critical processes in the examination of works in the arts and humanities.

9.4.5.D: Explain choices made regarding media, technique, form, subject matter and themes that communicate the artist's philosophy within a work in the arts and humanities.

Assessment:

• First students will be assessed in their knowledge regarding Mayan civilization: geography, culture, historical importance.

• During a power point presentation students will answer prompts regarding fear and worry and what we all do to calm down.

• Each student will choose to share with a partner something that troubles them or worries them. It is not required but they will be encouraged to share with someone they feel comfortable talking to.

• Each student will complete three to four worry dolls using the step by step process while giving each individual dolls a unique personality and appearance.

Instructional Procedures:

Day 1

Intro: Do you worry? What do we worry about? Why?
Present Guatemalan (Mayan) Worry Dolls:
story - origin - meaning - process
Key concepts: Told tell - repurposed materials -
Think - Pair - Share
Demo: creating your own worry doll: step by step, expectations and craftsmanship.

Day 2

Review concepts and key words: originality - cultural importance - personal value - craftsmanship
Working day - continue to create - fix those that need improvement.
Final Assessment and group dialogue.

**Preparation:**
- Yarn
- Pipe cleaners
- Glue
- Fabric or small pieces of cloth
- Power Point presentation

**Guatemalan Worry Dolls:**
Worry Dolls are tiny, hand-crafted dolls from Guatemala. The dolls are clothed in traditional Mayan costumes and stand one-half to one inch tall. Guatemalan artisans bind pieces of wood together or twist together short lengths of wire to create a frame and fashion a torso, legs, arms, and head. By winding cloth and yarn around the frame, the artisans give the doll shape. They use scraps of traditional woven fabric to make the doll costumes and wind more yarn to create the head, hair, feet and hands. Sometimes, they add a tiny woven basket or other traditional implements. Finally, they place a set of 6-8 dolls in tiny wooden boxes or cloth pouches for sale. The indigenous people from the Highlands in Guatemala created Worry Dolls many generations ago as a remedy for worrying. According to the Mayan legend, when worrying keeps a person awake, he or she tells a worry to as many dolls as necessary. Then the worrier places the dolls under his or her pillow. The dolls take over the worrying for the person who then sleeps peacefully through the night. When morning breaks, the person awakens without the worries that the dolls took away during the night.

**The Worry Depository:**
http://www.tc.umn.edu/~med00151/
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