

## **Worry Pals for Troops & Kids**



**Description:** These little worry pals are perfect for soldiers and kids with worries or anxiety. Make some to donate and others to keep for your own family to use.

**Time to Complete:** 60 minutes

**Supplies Level:** Heavy

**Tags:** 3<sup>rd</sup>-5<sup>th</sup>, Self-Awareness, Supporting Troops & Veterans

*“My daughter suffers from a severe form of social anxiety called selective mutism and school is especially hard. She’s looking forward to taking her worry pet to school to keep in her pocket or backpack. For many children, even knowing they have something friendly in their backpack is enough to calm their anxiety.” Polly Carlson*

## ***Materials & Supplies Needed***

### MATERIALS

Scraps of minky/Cuddle Fabric (approx. 5 x 10 inches)

[Poly-Fil® Poly Pellets® Weighted Stuffing Beads 2-pound Bag](#)

1 set [15mm Plastic Animal Safety Eyes](#) for Each Pet (purchase on Amazon)

Thread

### SUPPLIES

Sewing machine and related supplies

Sharp scissors

Pins

Needle

Fabric marker

## ***Steps to Complete***

***[www.insideoutclub.org](http://www.insideoutclub.org)***

**Step 1:** Gather your materials and supplies.

**Step 2:** Fold a piece of your fabric in half and use a fabric marker to draw a 5" circle. A large cup or small plate can be used as a template for the circle.



**Step 3:** Use the fabric marker to make two dots on the fabric where you will put the eyes. Make a very small hole on the dots with scissors. Place the plastic eyes in the holes and snap on the backings. Fold your fabric back in half with the front of the eyes facing into the circle.



**Step 4:** Sew along the circle leaving a small opening.

**Step 5:** Turn inside out and fill with poly pellets. Don't overfill or you will not be able to sew it closed.

**Step 6:** Hand sew the small opening closed.

### ***Donate to Local Nonprofit or VFW***

Reach out to a local nonprofit that helps soldiers and veterans and ask them about donating some worry pals. You could also reach out to your local VFW. If you are willing to mail your worry pal, or if you live in the Chicago area, you could contact Operation Support Our Troops to donate to them.



***We'd love to know what you thought of this project. Be sure to go back to the project page on Inside Out Club @Home and leave a review!***



*(Project Credit: <https://www.fairfieldworld.com/project/worry-pets-sensory-buddies-anxiety/>)*