

Pattern & Directions for  
Help Our Kids “Worry Eaters”  
<https://www.helpourkidsinc.org/>

**Materials** (patterns below; ½ inch seam allowance included in patterns):

Cotton fabric scraps (body & pocket):

2 rectangles 8.5” x 10”

1 rectangle 6” x 8.5”

Fleece or felt scraps (eyes & hair\*):

1 rectangle 2.5” x 7”

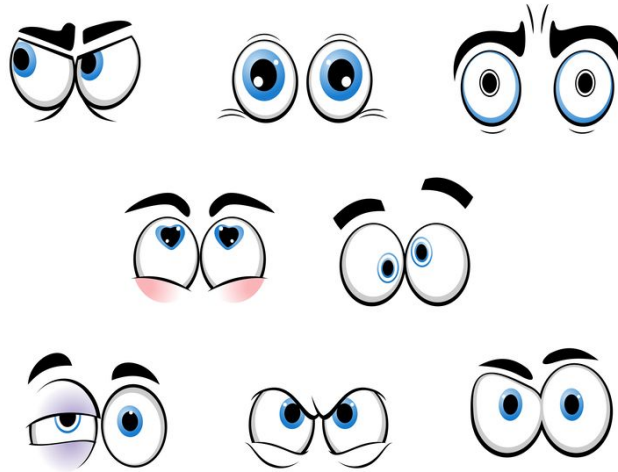
2 circles 1.75” diameter

Embroidery thread for face (\*eyes, hair, and face can all be done with embroidery floss or yarn if preferred)

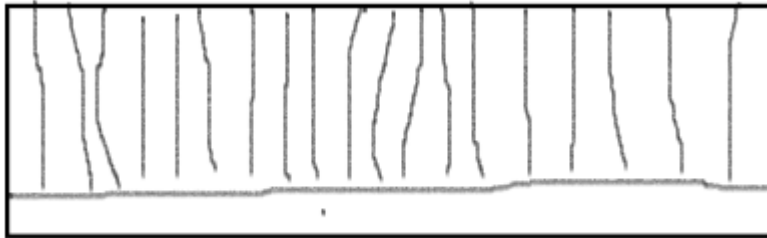
Stuffing

**Directions:**

1. Cut pieces (have fun – mix and match prints); may prefer solid for front piece to show face better
2. Finish top edge of pocket (fold ¼ inch, fold again to finish edge, topstitch)
3. On top half of front piece, create face; sew on eyes, add nose/mouth/eyelashes....



4. Prepare hair – cut  $\frac{1}{4}$ " –  $\frac{1}{2}$ " slashes to create 'hair' leaving  $\frac{1}{2}$ " at bottom of hair piece

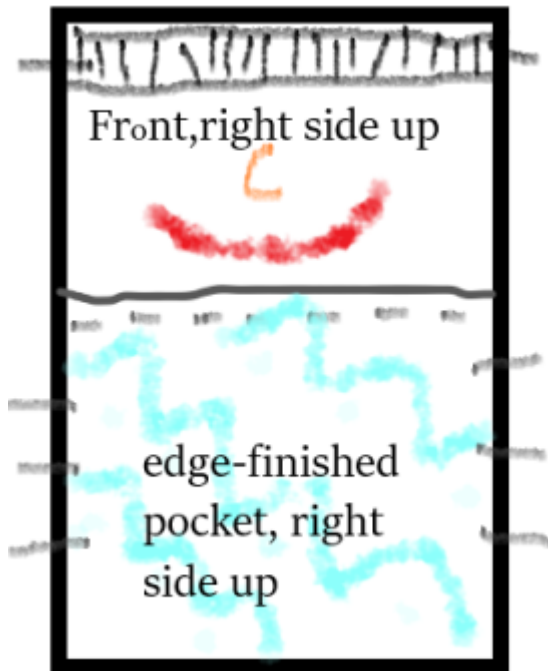


5. Select body front piece with completed face, and pick up edge-finished pocket;

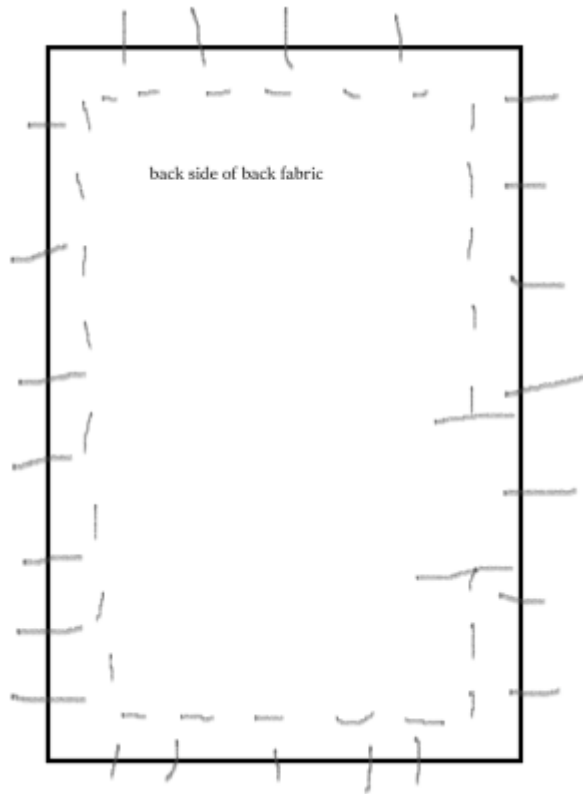
lay pocket over front piece, aligning bottom corners and sides (right side up, on top of right side), matching edges, and bottom corners

lay hair across the top of the front piece match top edges

pin at edges or baste on long sides

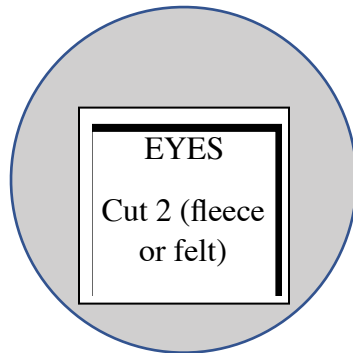
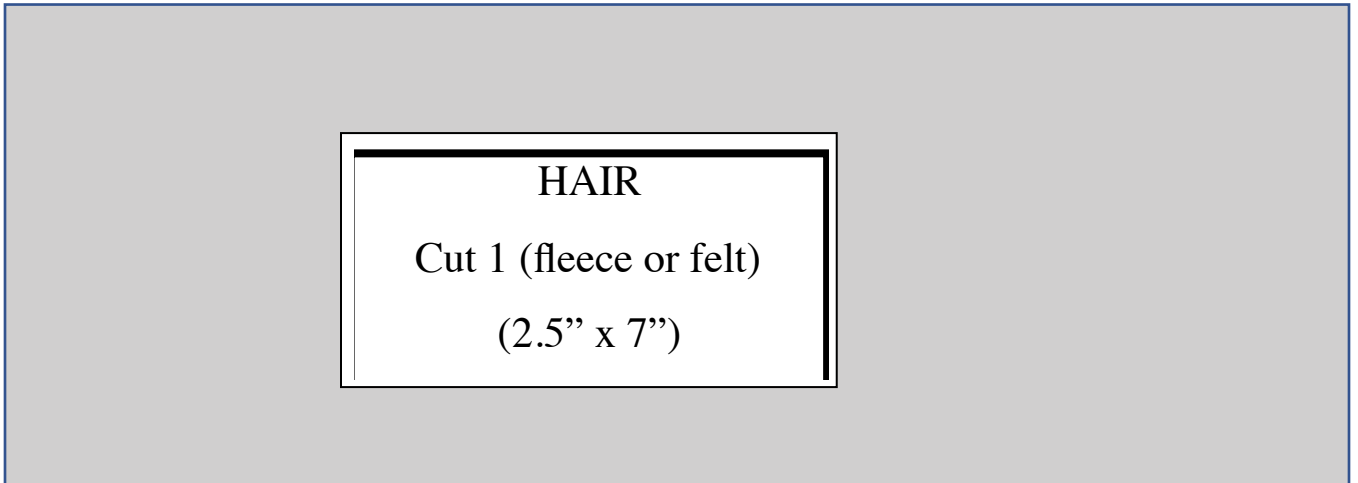


6. Select back rectangle; lay on top of front with pocket and hair; right side to right side, pin together and sew -sides together (1/2" seam allowance), leaving an opening to allow turning doll right sides out



7. Turn doll to right sides out, and stuff
8. Hand stitch opening to close up
9. Insert small pad of paper and pen in pocket
10. Share with someone with worries to be eaten!

**Pattern Pieces:**



**FRONT POCKET**

Cut 1 rectangle

(6" x 8.5")

**BODY FRONT & BACK**

**Cut 2 rectangles**

**(8.5" x 10")**

