

Worry Worms



4ply, double knit or snowflake yarn, with 3¼, 4 or 4 ½ mm crochet hook.

Work about 25 chains, very loosely.

You can make this as long or short as you wish.

Miss 1st chain and slip st into 2nd chain.

Work 4 dc's into each chain, work will start to twist as you go. In last chain work 10 trbs for head and slip st into same ch to fasten off. Sew in ends and embroider on eyes and a mouth.

Print off poem, and put in a bag and leave for someone to find.

I have attached a split ring to make into a key fob.

Suggested poems

I'm your little worry worm,
Keep me close, keep me near.
When a worry pops in your head,
Hold me tight, whisper in my ear.
I will take away your worry,
So you have nothing left to fear.

Are you feeling anxious?
Maybe sad, or kind of blue?
Don't worry any more, OK?
Not while I'm with you!
I'm your little worry worm.
You can squeeze me tight.
Coil my springy body up.
And then you'll feel alright!