

## Dolly Dizzler- Activity Guide

- Materials required: Thick coloured paper or cardboard, scissors, coloured pens or paper, sticky tape, imagination.
- Using the templates and instructions (see below) cut out at least four dolls which young people can then modify to personalise their dolly-dizzlers. (Some younger children or those with disabilities may need help.) There are templates for 'girl' or 'boy' dolls
- The chain of paper dolls will represent the child or young person. When folded together, the front doll, or the cover, will represent their physical appearance – the 'outside'. The inside will represent the different layers of their personalities - what's on the 'inside'.
- On the front doll the child or young person writes or draws about the way they look. This can include any visible difference.
- They can include:
  - Things they like.
  - Activities, both in and out of school, they like to do.
  - Things they are good at.
  - Information about their friends and family, pets etc.
  - Information about their background.
  - Information about their personality.

In short anything about them which isn't apparent from the way they look.

Try to encourage the child or young person to think about their achievements and goals.

- It is recommended that children and young people be allowed to keep their dolls, to add or refer to as they want to.


## Guide for using template

**Option A** - Row of large 'paper-dolls' (approx. A4size), maybe of thin card

1. Create a row of several A4 sheets joined together (or A3 pages which will halve the number of joins you have to make).
2. Fold the strip concertina-style (zig-zag). End-on it will look like this -  $\wedge\wedge\wedge$
3. Then fold in half lengthways – this final fold will be referred to as F.
4. Print the large template – see below. Cut the template out along the solid lines, and along the dotted line which halves the 'paper-doll' body.
5. Place the dotted line along F of the folded A4 strip.
6. Draw around the template taking the 'hand' and 'toes' right to the edge of the side opposite F.

7. Cut out along the solid line only – not fold F and not end of ‘hand’ and ‘toes’.
8. Unfold to reveal row of large dolly-dizzlers

**Option B** - Row of small ‘paper-dolls’

1. Start with a long piece of paper eg A3 pages halved lengthways and joined to create long strips (about 14.5cm wide and 42 cm long).
2. Fold the strip concertina-style (zig-zag) with the folds 10 cm apart. End-on it will look like this - 
3. Then fold in half lengthways – this final fold will be referred to as F.
4. Print the small template – see below. Cut the template out along the solid lines, and along the dotted line which halves the ‘paper-doll’ body.
5. Place the dotted line along F of the folded strip.
6. Draw around the template taking the ‘hand’ and ‘toes’ right to the edge of the side opposite F.
7. Cut out along the solid line only – not fold F and not end of ‘hand’ and ‘toes’.
8. Unfold to reveal row of small dolly-dizzlers.

