

## BODY

Trace pattern.

1. Cut out, pin on to double fabric right sides together. Draw around pattern with felt pen. Remove paper pattern, Pin.

2. Sew around doll leaving opening. Use running or back stitch and strong oversews at start and finish.

3. Turn inside out.

4. Tear small pieces of stuffing and push into arms and legs, then head and tummy. Fill firmly.

5. Sew up the opening. Use strong running stitch for flexible joints.

## www.uthandoproject.org

Our website has background information on the impact of HIV/AIDS in KZN, South Africa.

The Uthando Project is a practical response to the fact that EACH DAY in South Africa over 1,000 people die from AIDS related illnesses. How can we begin to imagine the traumatic effects of this situation on all children and their families? This is why dolls are made for children of all

backgrounds and situations.

Every child is affected NOT only orphans.

### SEW ON HAIR VERY STRONGLY

Knit a rectangle from wool about 10x4 cms.

Sew firmly on top of head. Make a lot of tiny plaits

Or  
one large plait and  
stitch on head firmly



### TOOLS and MATERIALS YOU WILL NEED (adult help with sewing machines is ideal)

#### Uthando Doll Making Kit

or

- patterns for body and clothes
- brown fabric for doll body
- bright fabrics, preferably non-fray for clothes
- sharp scissors for cutting fabric
- needle a chenille needle size 22 is best
- pins
- threads for stitching body, face and clothes
- wool or textured material for hair
- polyester filling for body
- buttons, beads and trims as extras

Seam allowance is included for stretch fabrics. Machine sew with small zigzag, or handsew with running stitch, with backstitch at curves and points. Add up to 1cm seam allowance for plain fabrics. Add more for outside edge of legs.

It is recommended that machine stitching around the body is best

Cut across legs, arms, torso if you want to adapt this basic pattern lengthen up to 35cms

Leave open for stuffing

Strong running stitch (after filling) for joints

MAKE A DOLL BABY  
Approx. 10 from  
off cut material

Knobbly or fluffy wool  
makes interesting hair

### HAIR

Sew many strands of wool on to a small piece of fabric with 2 rows of stitching.

The iris is slightly cut off at top and bottom.

these eyes look best

these eyes look a bit scary

### FACES & EYES

Try long horizontal white stitches, then black stitches vertically in the centre to make the iris.

Stem stitch eyebrows  
blanket stitch eye lashes  
black and white satin stitch for eyes  
and red for mouth

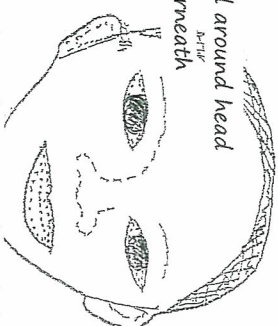
FELT APPLIQUE

black knit fabric shaped around head

eyes white felt underneath  
black iris on top

optional  
felt feet

use hemming or running stitch to attach pieces of felt firmly





### WHERE TO SEND YOUR DOLL

In Australia, post or deliver to  
Uthando Project Inc. 2 Healey Place  
Gooseberry Hill W.A. 6076  
Each doll costs \$2 to send to KZN.  
You might like to hold a special occasion  
to raise the funds needed for the dolls' transport.

Dolls made by school students  
are sent to a group of schools  
called Sizabantwana. These schools  
have staff who meet regularly  
to provide counselling and assistance  
to students who are troubled by difficult  
and distressing circumstances in their lives

**UTHANDO**  
is an isiZulu word  
meaning  
**LOVE**

## UTHANDO PROJECT FOR TEACHERS

We are delighted as more schools participate in the Uthando Project each year, regarding it as meaningful and worthwhile. By engaging students in a compassionate activity outside of 'self' addresses values sometimes overlooked and in need of reinforcement. Developing this awareness by the opportunity to give in a tangible way resonates well with most students who make a doll as a gift for another less fortunate child.

### MAKING A UTHANDO DOLL IN THE CLASSROOM

**BEFORE YOU COMMENCE DOLL MAKING WITH YOUR STUDENTS THERE ARE SEVERAL IMPORTANT POINTS TO CONSIDER.**

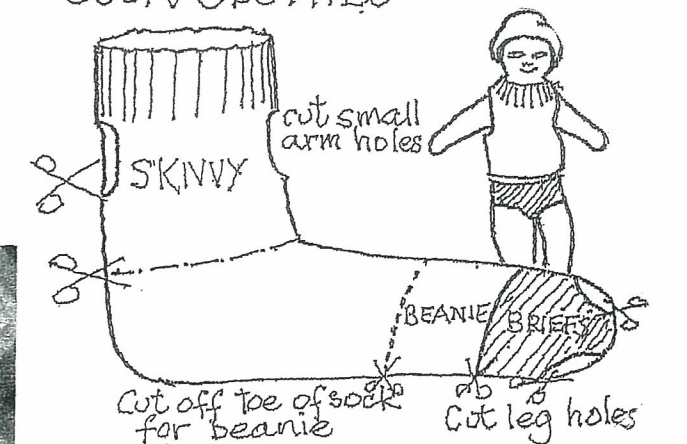
- To achieve a good result, this project may take up to a term to complete. Do you have this amount of time to devote to doll making?
- What materials will be required and how can they be sourced?
- What skills will need to be taught to make and dress a doll using fabric?
- How can skills and concepts in many learning areas be incorporated into the project?
- What support from parents and or the wider school community can you call on to assist and guide students to develop the skills necessary to complete a doll well? **This is becoming an essential part of achieving a quality result (and peace of mind)!**
- Dolls which are not robust enough to withstand vigorous play cannot be sent which is disappointing for all. Therefore it is important that any necessary 'quality control' be undertaken by adult assistants before Uthando takes delivery.

### THE NATURE OF PLAY

Play is child's work. It is vital for whole balanced growth.  
It grows bones, gives eye-hand coordination and builds skills and memory.  
It gives language; grammar, rhyming, fun with words, repetition and song.  
Play gives you role models, a place in the team, teaches manners, obeying the rules, being first or coming last.  
It builds imagination and when you are the one in the middle of the ring, it gives you confidence or a way to cope with disappointment.  
It is a way to include new people to be friends or to be discriminating, sometimes hurtful.  
There are daring games that scare you and those of quiet being.  
Having a doll of your own can give joyful play, security and cuddles.

In times of grief, confusion and loss,  
you can express your deepest feelings freely.

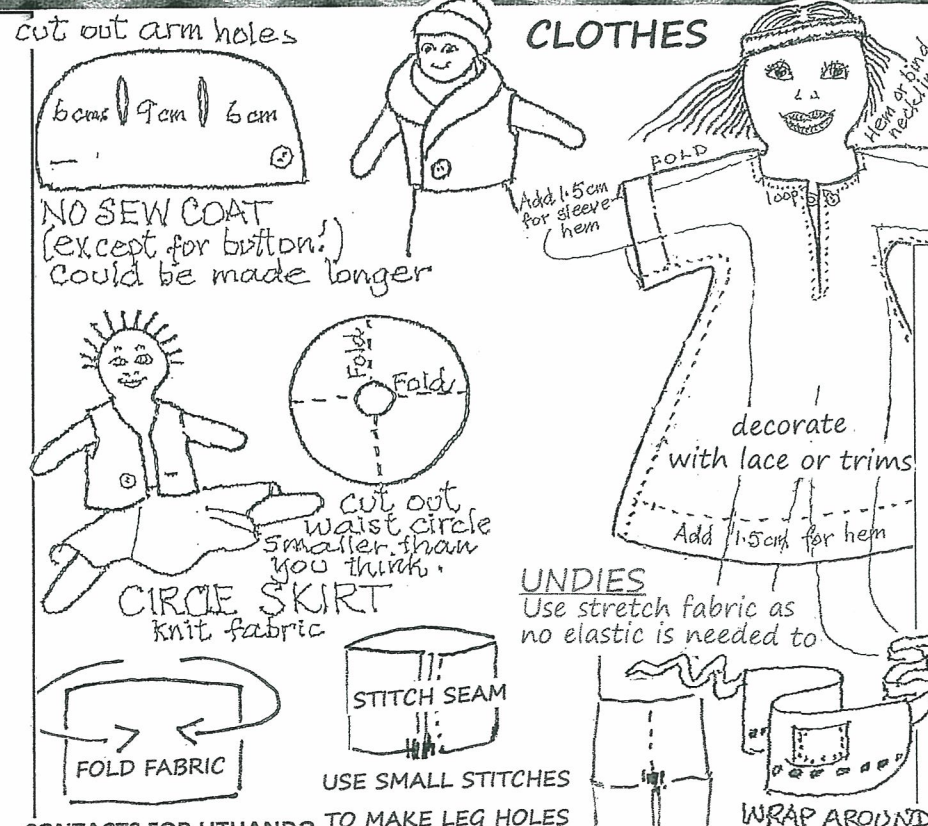
### SOCK CLOTHES



### SOCK PANTS



### CLOTHES



### DO'S and DON'TS

- DO** fill the doll's body firmly.  
**DO** attach hair firmly all around, not only on top.  
**DO** make clothes that can be removed for play.  
**DO** make a happy face on your doll.  
**DO** include undies on the doll.  
**DO** have fun and be proud of your achievements.  
**DO** give your dolls a special farewell.
- DON'T** use glue or paint anywhere on the doll.  
**DON'T** ever let a needle or pin get lost inside the doll's body.  
**DON'T** stitch the clothes onto the doll's body.  
**DON'T** use googly eyes or buttons for eyes as they pull off.  
**DON'T** let your doll have a floppy neck.  
**DON'T** forget that the doll will make a difference in a child's life.

### CONTACTS FOR UTHANDO

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