

CF Courage Doll Project Instructions

(Copy both pages and send to each participant)

As you know we will all be contributing each month to the making of each doll. In this way we will share our support, wisdom, sense of humor and creativity with each other. Make this a fun project but also make it a thoughtful one. It is about something real in our lives that can cause us to feel many emotions both positive and negative. CF is a hard journey that we are acknowledging in this project and one that truly does require courage. This path is made so much better through the friendships and support from our community of other CF families who know how much we need support, hope and courage. So, thank you for participating.

To begin:

Make a head, give her a name, and start the journal.

Check off on the routing list. Write the doll's name on the top of the page. Pack up the doll's head, journal and routing list and send it on to the next person on the list to be received by the first of next month.

Use the same box for the whole journey. There are packing materials inside to help as the doll grows. If you need to add more, please do.

Look on the routing list to see what part of the doll you will be working on each month. You will have one month to complete each part and make a journal entry.

Do not be late in mailing the doll on. It is important that we keep to our schedule. Everyone should receive her boxes by the 1st of the month.

The Doll's Name

What will your doll's name be? It does not have to be traditional. You can think in terms of native American names such as "One who walks on air" or "Stands with a fist" or..... Have the name reflect something about the doll's personality that can be worked with as a theme to be developed in the journal and doll creation.

The Journal

This will provide a narrative for the development of the doll's character. Make a connection if you can between how you create the doll with what you write about the doll. The beginning will set the tone. You will add to the description of a story about who she is or wants to be or you can write a poem or a prayer. You can also collage or glue pictures in the journal. You do not have to refer to CF specifically but make this journey a successful challenge. You can write as little or as much as you like. I think though it is important to write clearly or type and

paste. You can also decorate the journal's cover. Make a title page. Have fun and share something special that comes from your heart.

Instructions continued.....

Creating Body Parts

Again remember that this is not going to be a traditional doll. Do not be afraid to be wildly creative. Some how we will make all of the pieces work. Use unusual items like an empty can for a body, sticks for arms or legs or model clay for hands or feet, use foam balls, yarn, ribbon, fabric, or..... Be more traditional like a stuffed fabric body with doll clothing.....

Think how the body parts can be attached well to each other. Use hot glue guns, thread or wire to attach the different parts. Try to make them secure. We do want the dolls to have integrity despite their unusual symbolic creativity.

The finishing touches.....maybe you will write the conclusion to a story in the journal or see that the doll just still needs an accessory or a stand to hold her up..... then you can wrap the package as a present with the doll's name on the package for our get together and doll unveiling.

Go to fabric stores, hobby stores, office supply stores, a walk in a forest, a visit to a barn, look in your cupboards at home.....have fun looking for materials.....

Most of all.....let the doll speak to you and tell you who she is..... be intuitive.....