



# STORYTELLING SESSION WITH THE DOLLS: **How to Make the Dolls' Stomachs**

The dolls' stomach templates include a *hungry* stomach, a *just right* stomach, and a *really full* stomach. The illustration of the doll shows where you can place the stomach. Be sure to put a hook and loop fastener (like Velcro®) on each of the three dolls so that you can attach the stomachs to them. Also, make sure to put hook and loop fasteners on your felt board or other surface to hold the stomachs during the storytelling session.

There are a few different ways you can make the stomachs to use with the child sessions.

### **Felt Dolls' Stomachs**

To make the stomachs out of felt, download the stomachs and trace around the stomach templates on the felt. After cutting out the stomachs, use different colors of felt and cut out small triangles (*and other shapes, if desired*) to represent the food. Using glue that works well on felt, glue the appropriate amount of food to each stomach:

- The *hungry* stomach will have no food
- The *just right* stomach will have the amount of food shown on the template (*about  $\frac{3}{4}$  full*)
- The *really full* stomach (*that is bulging*) will have more food as is shown on the template

After you have made the three stomachs, attach hook and loop fasteners (like Velcro®) on the back of each one and on the surfaces you're using to put the stomachs on (*including the dolls*).

**Note:** You can make your own felt board with cardboard and felt or you can purchase a felt board to put the stomachs on during the storytelling session with the dolls.

### **3-D Stomachs with Rice**

Another option is to make three 3-D stomachs out of felt by tracing and cutting out two copies of each stomach on felt and then sewing them together putting different amounts of rice inside. Attach hook and loop fasteners (like Velcro®) to each of the stomachs so that you can place them on the dolls. The three stomachs will be:

- No rice inside for the *hungry* stomach (*this stomach would be flat*)
- About  $\frac{3}{4}$  full of rice for the *just right* stomach
- Very full for the *really full* stomach (*this stomach would be bulging*)

### **Laminated Dolls' Stomachs**

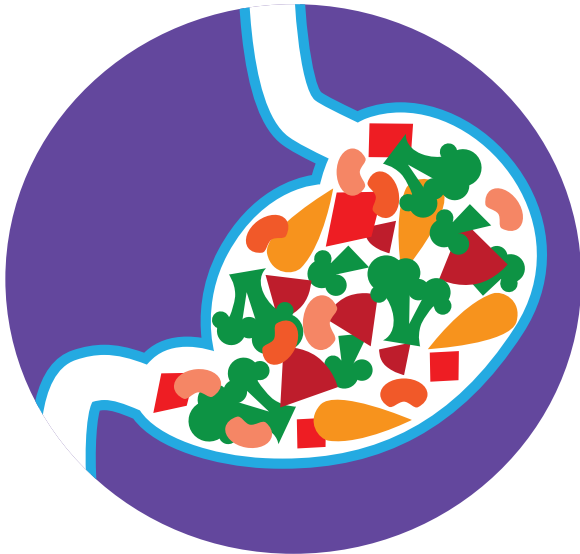
Instead of felt, the dolls' stomach templates can be downloaded and printed on a color printer. Cut out and laminate the stomachs. Use hook and loop fasteners (like Velcro®) to attach the stomachs to a felt board or other surface.



HUNGRY STOMACH



JUST RIGHT STOMACH



REALLY FULL STOMACH



Developed by The SEEDS Research Team,  
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