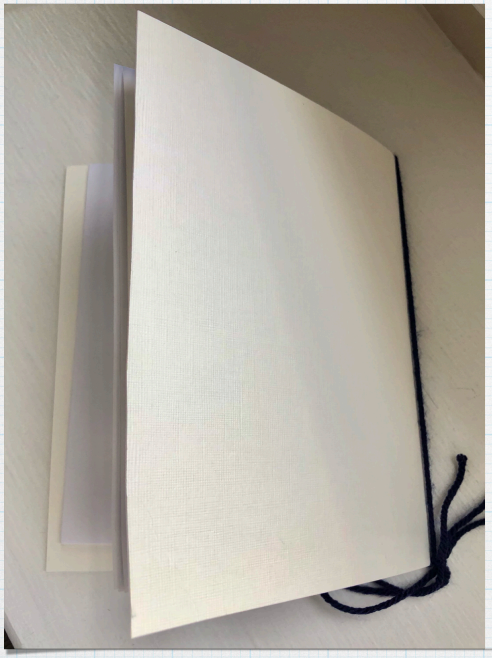

Make Your Own Journal

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STEP 1: Gather Supplies

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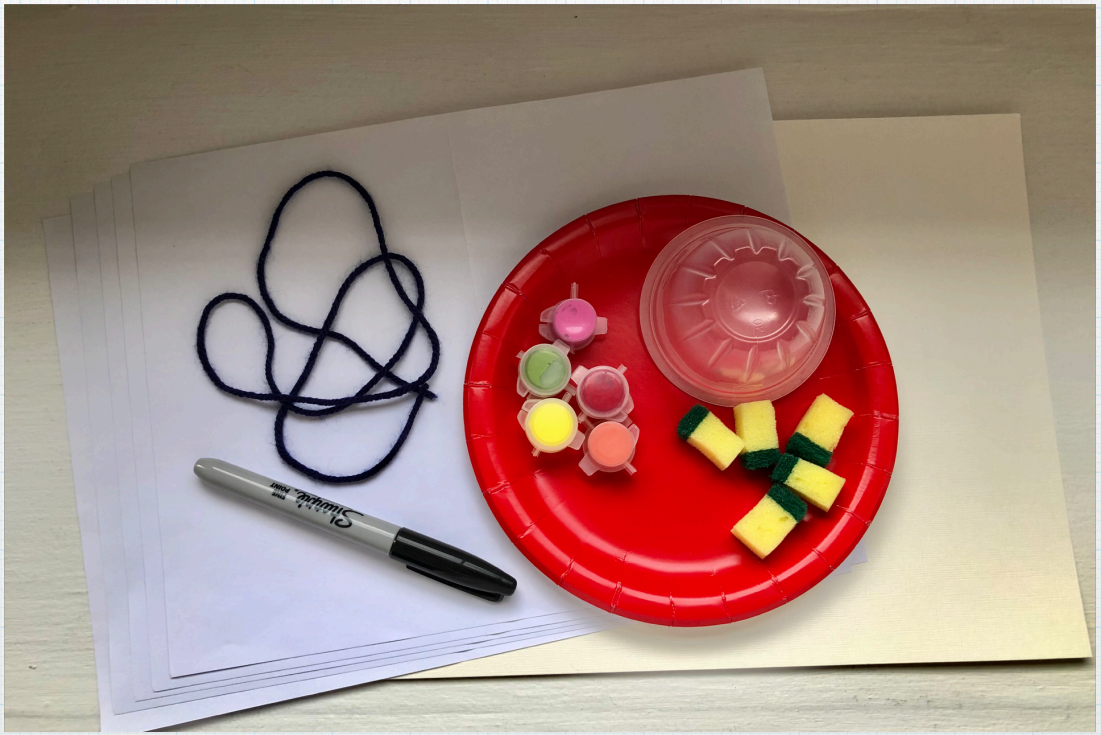
* 1 Sheet of Cardstock or Acrylic Painting (Heavy) Paper (8.5x11 or 9x12)
* 5 Sheets of Regular Paper (8.5x11)
* Yarn (just over an arm length)
* Sharpie
* Assorted Paints
* Sponge Chunks (you can cut up a kitchen sponge)
* A Plate (to work with paint + sponges)
* Small Cup/Container for Water to soak sponges when done
* Stapler + Staples (optional)

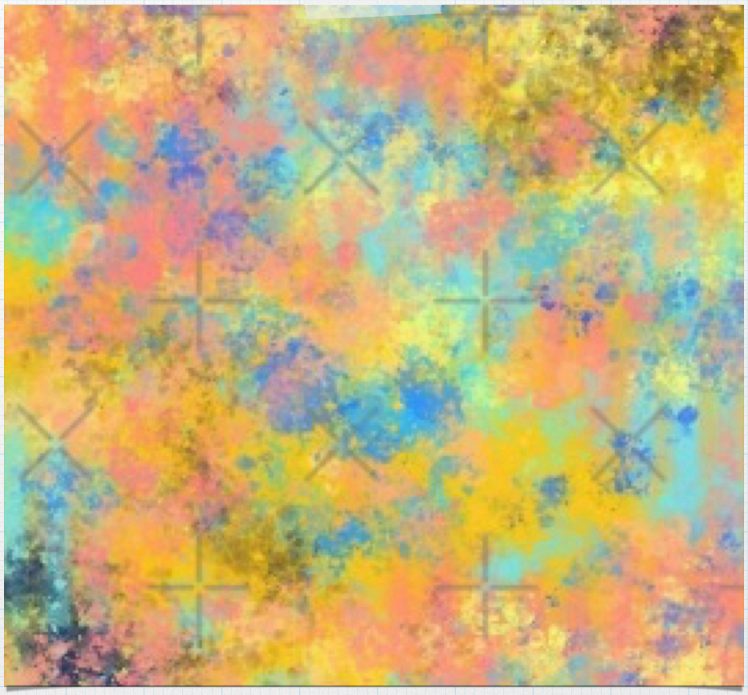


STEP 2: Fold

- Fold the heavier cardstock paper in half to create the cover of your journal
- Then fold the 5 sheets of the 'regular' paper the same way
- While working on the cover of the journal, place the 5 sheets of folded paper under a stack of books, or something heavy, so that the papers to fold close together

STEP 3: Time to Paint

- Focus on preparing the cover – sponge painting can work nicely for this
- Dip sponges into the paint and paint only on the cover of your journal
- Use any colours or designs that you would like (examples on next slide)
- Fill your container with water to clean sponges after you are finished - you do not want the paper to get wet



Examples of Sponge Paint Patterns and Designs

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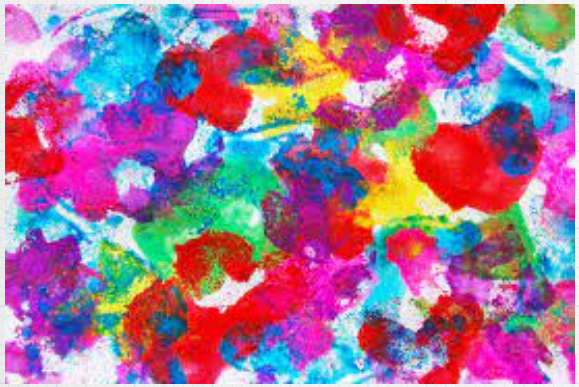
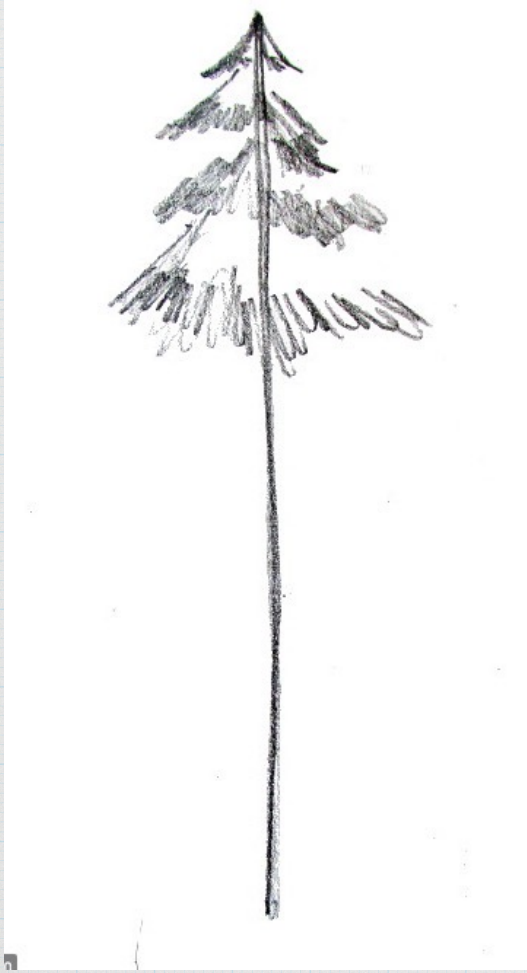


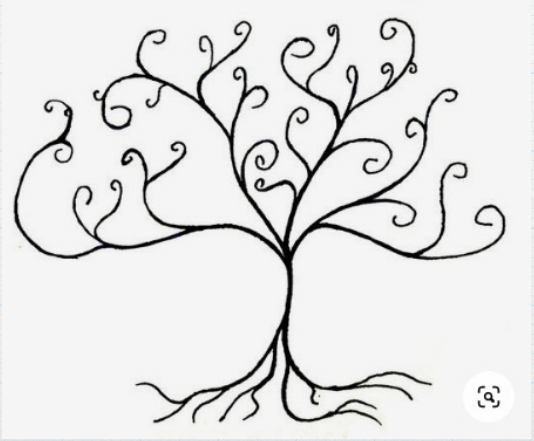
STEP 5: Time to Draw

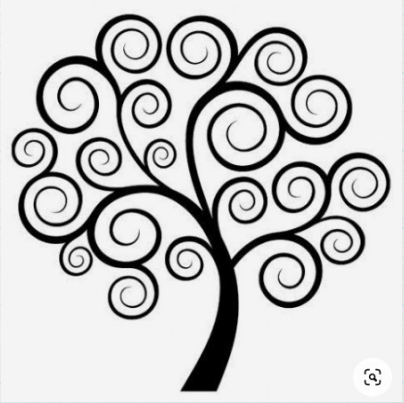
* Wait for the paint to fully dry before drawing the tree - a hairdryer may help

* After drying the paint, take your black marker/sharpie and draw a tree on top of your painted background (see next slide for examples we found on the internet)

Examples of Tree Designs – see next slide also



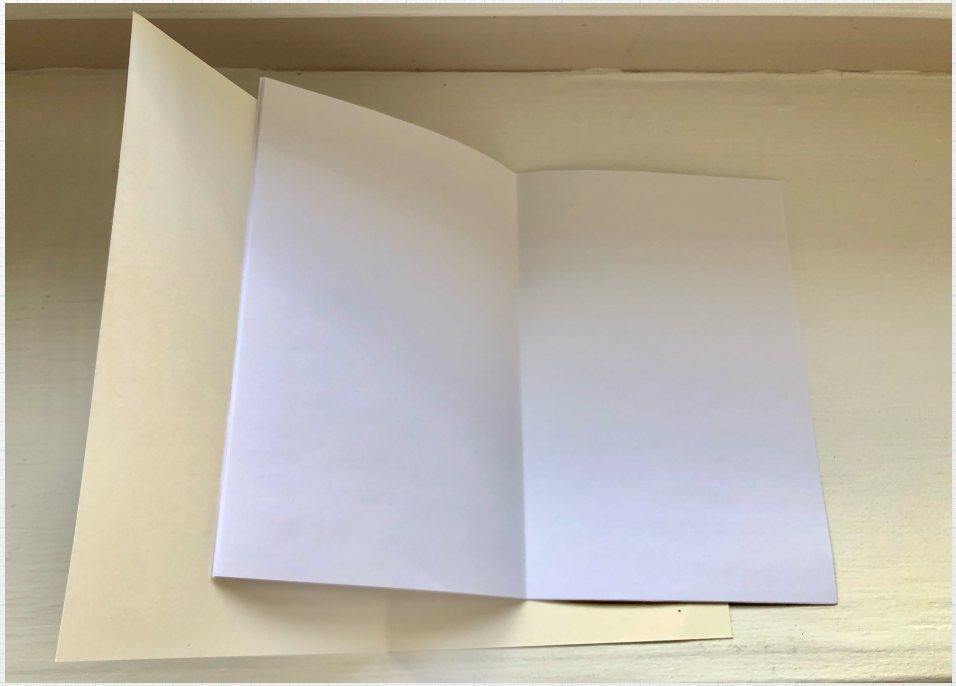




Examples of Final Journal Products

STEP 4: Fold

* Let the marker/sharpie dry
* Next take your 5 folded papers and place them into the cover of the journal



STEP 4: Making the Book

* Take your yarn, folded sheets of paper, and your journal cover and put them together
* Place the 5 folded sheets of paper inside your journal cover
* Wrap the yarn all around the cover and the inside pages - tie as shown in the photo

STEP 6: Flatten the Folds

* When you have completed tying your yarn, once again make sure your painting is dry

* Finally, place your whole journal under something really heavy, such as a stack of books, for a few hours to a day for it to flatten

Enjoy Your New Journal!

For more ideas and classes visit filmcampforkids.com

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