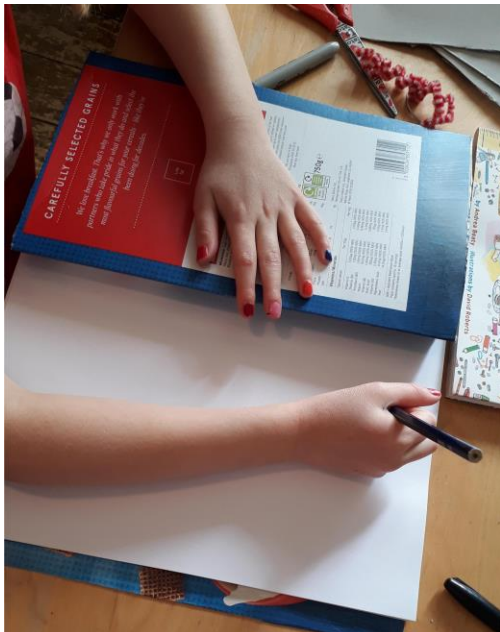
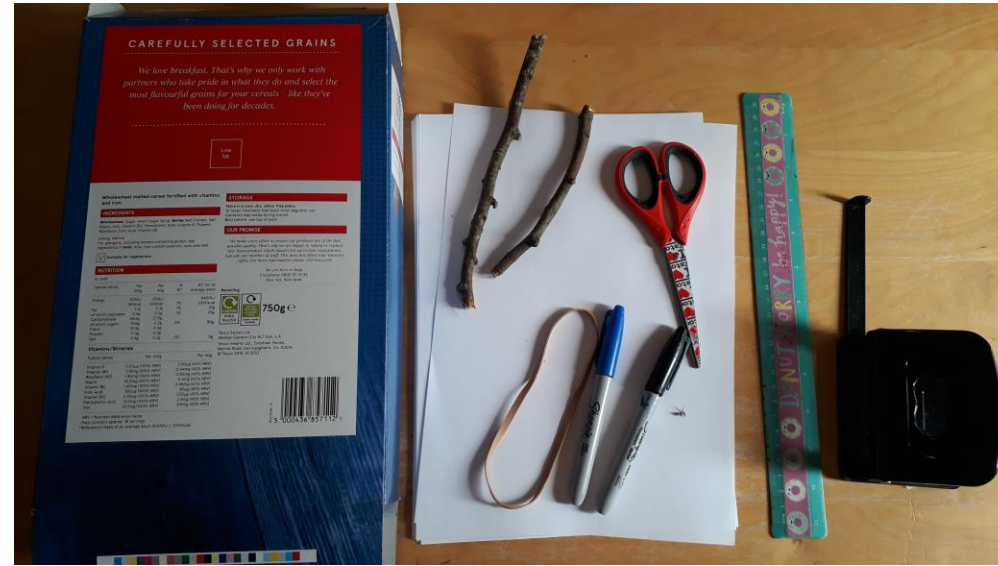


Create a Journal / Sketchbook / Scrapbook.



Keeping a journal of memories, daily life, thoughts or ideas can be a good way to be creative, relieve stress and explore thoughts and feelings visually.



You will need:

- Empty cereal box (large one for A4 paper)
- A4 paper to fill the journal (10-20 sheets, you can always add more)
- A stick about 15 cm long
- Elastic band
- Scissors
- Ruler and pencil

If you have small cereal boxes then trim your paper to size. Make a small notebook.

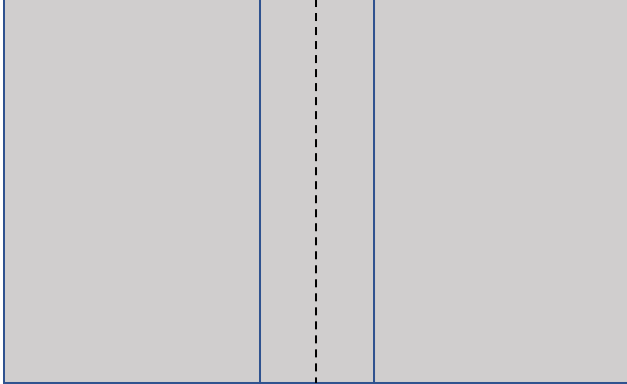
**Cut the box open down one on of the sides
(not the front or back)**



**Lay the box out flat and cut off all the
outside tabs so that you are left with the
large rectangular piece.**



Using a pencil and ruler, find the centre of the spine. Draw on this line.



Carefully score this spine line.



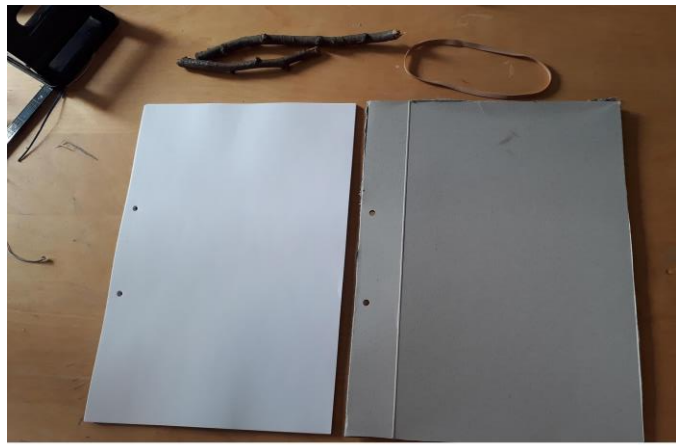
Carefully fold along the score line to make a book cover.

Hole punch the book cover.



Hole punch the pages in batches, making sure that they line up.

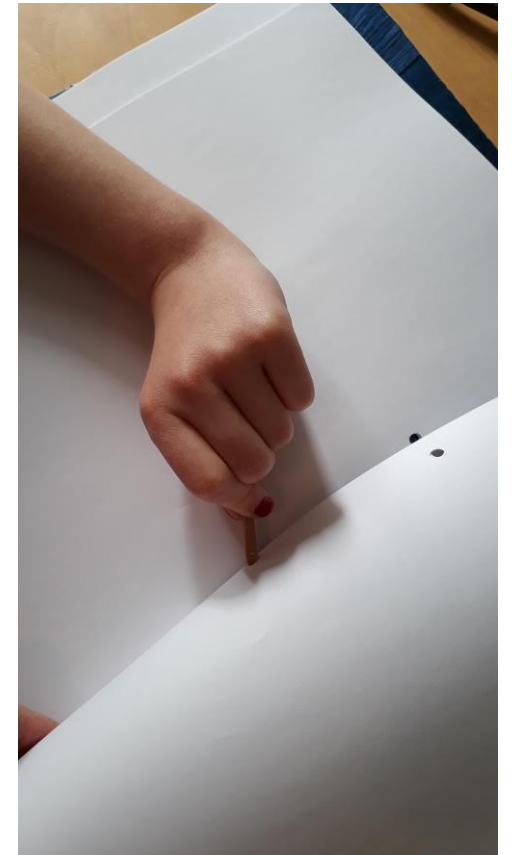
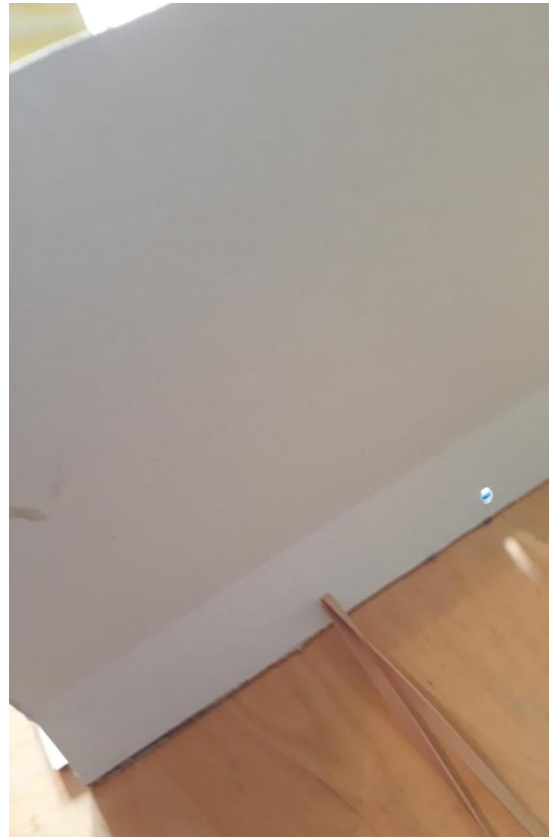




Starting on the back cover, thread the end of the elastic band through the bottom hole of back cover and through bottom holes of the pages. All the way to the front cover.

Careful not pull the whole band all the way through the back.

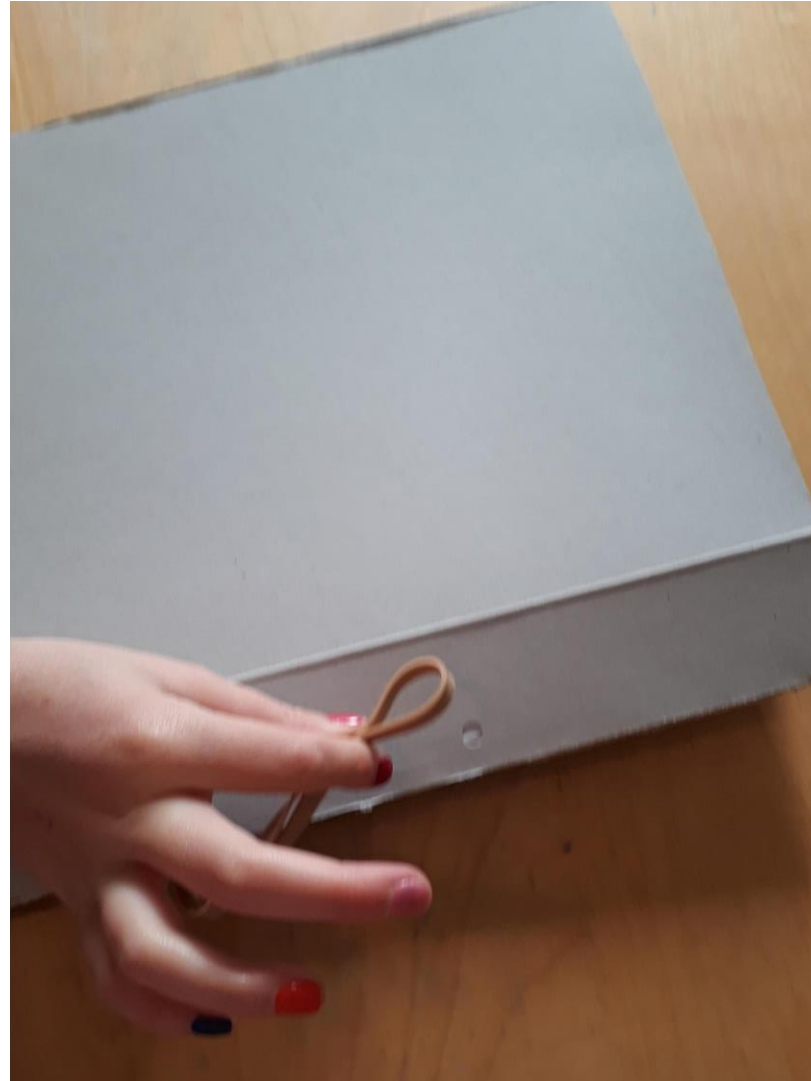
Now you need your stick and elastic band.



Wrap the end of the elastic around the stick on the front cover.

Now do the same from the back with the elastic and top hole.

Secure at the front again around the stick.



If the elastic is a bit loose, wrap it round the stick again.



Now decorate the front of your journal.



Nature journal – record what you can see, hear and smell.
Sketch book – drawings, ideas, thoughts, collage, painting.
Inventor's ideas – designs, thoughts, tests, models.