Journals

Materials:

2 each 6” X 6” pieces of mat board

2 each 6” wide X 7” high pieces of patterned paper for cover

2 each 5¾” X 5¾” paper (for inside covers)

Paper for pages: 5 or 6 pieces 5¾” X 11½”

Nexcare First Aid Tape

Glue Stick

Double Sided Tape

Waxed Thread

Assorted Embellishments

Instructions:

1. Select cover paper and end papers. Cut to above dimensions.
2. Cut a piece of first aid tape about 7 inches. Place it sticky side up on some graph paper. Attach front and back covers leaving a space in between of about 3/8”.
3. Apply a 6” piece of tape to the inside.
4. Attach cover papers to back and front with glue stick.
5. Attach ribbons as desired.
6. Fold each page in half. Using template, poke holes in each page, individually. Keep pages going the same way, so they will fit together properly. Poke holes into spine.
7. Cut a piece of waxed thread about 20” and thread it onto needle. Start on outside of journal cover and poke needle through top hole. Pick up first page and thread needle through top hole. One at a time, thread through all pages. Line up pages and thread through the next, then the next 2 holes. Tighten thread, leaving a tail at top, bottom, or both, as desired. Thread a small bead onto each end of thread and push it tight to the journal spine, tying a knot to hold thread in book. Add more beads as desired.
8. Adhere end papers with double side tape. (On the “cover side,” put the tape on the end paper. On the “page side,” put tape on page.)
9. Finish embellishing as desired.