



SHIFTING RHYTHMS

Journal Making

Time Estimate: 60-90 min



Tags: Arts, Self-Reflection

Roadmap



This is a roadmap. It shows where you will be going and the steps to make your own personal journal. It might seem long, but don't worry! You'll get there.

Part 1: Materials and Tools

Tools



Materials and Tools you will need:

1. Bookbinding Press
2. A5 Paper
3. Markers
4. Cardstock
5. Wire Spine
6. Wire Cutters

Part 1: Materials and Tools

What are these things? What do they do? Lets find out:

The bookbinding press holds all of your paper perfectly straight and then punches holes in it. It also bends the wire to keep all of your pages together.,

The A5 paper is the perfect size for a journal!

Markers so you can make your cover your own.

Cardstock is stronger than paper and a good material for your cover.

The wire spine holds all of the pages and the covers together.

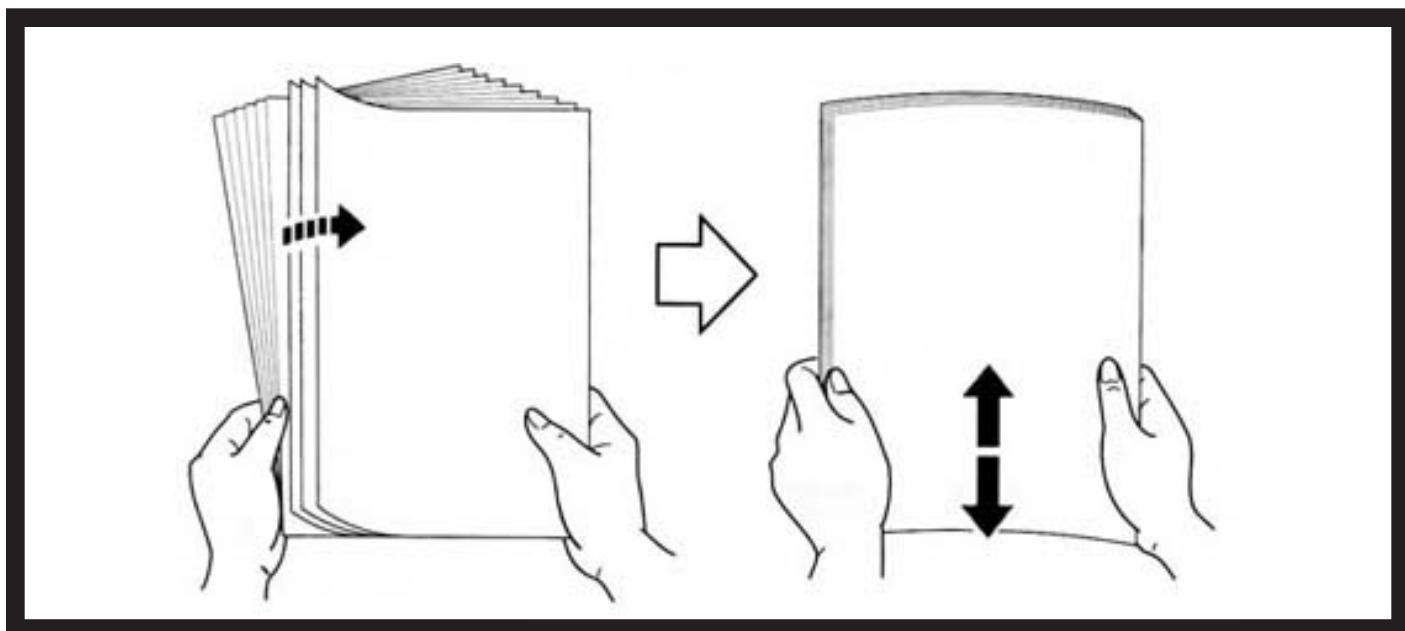
You'll use the wire cutters to trim off the extra wire spine.

Part 2: Align the Paper

Step 1: Gather Supplies

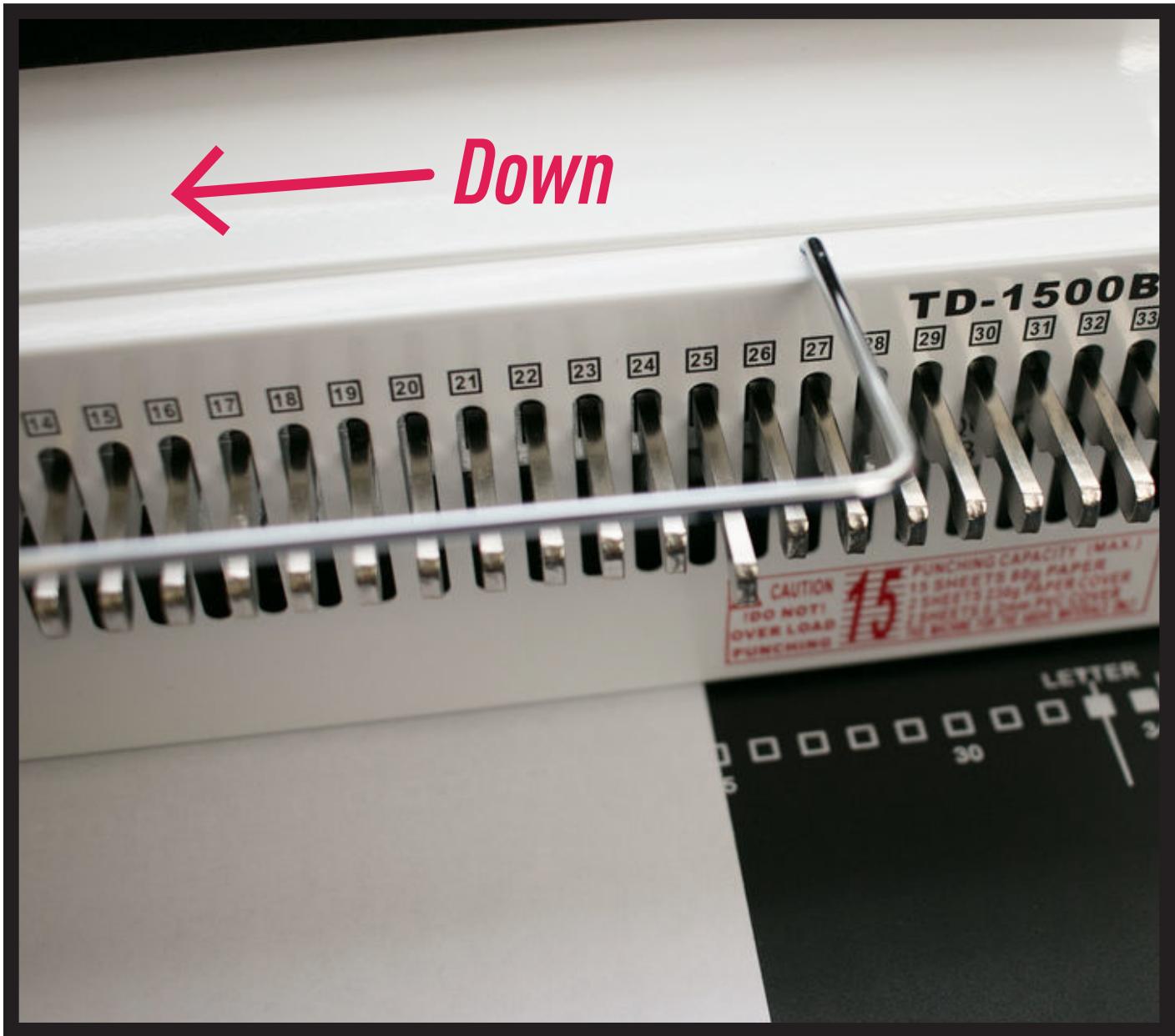


Grab 2 of the stacks of paper, 2 pieces of cardstock and 1 wire spine and bring back to your seat. Holding 1 stack of paper upright, tap it on the table to make sure all of the pages are aligned.



Part 2: Align the Paper

Step 2: Straighten and Clip



Carefully insert one stack of paper into the press. The longest edge of the paper should be in the press. The pages should all be as far down in the machine as possible.

Part 3: Punch the Paper

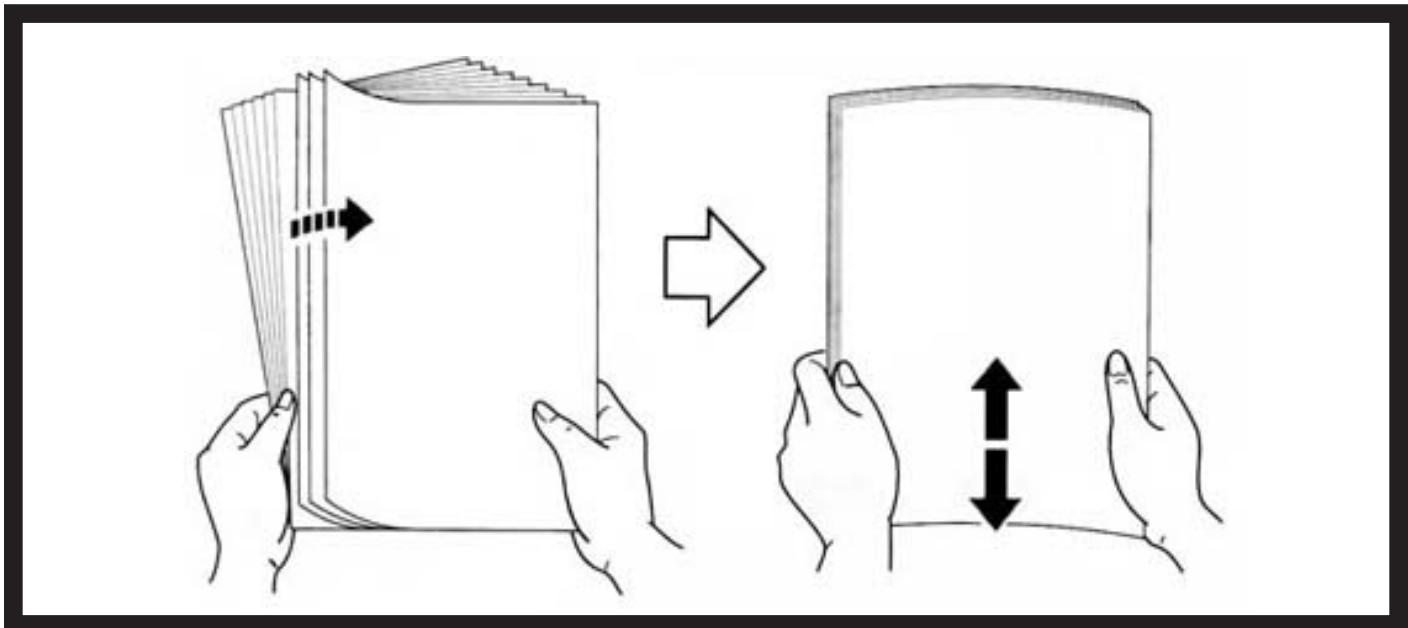
Step 1: Pull the Lever!



With one stack of paper properly aligned in the press, gently and slowly pull the lever down to make holes in the first stack of paper. Bring the lever back up and take out your first stack.

Part 3: Punch the Paper

Step 2: Do it Again!

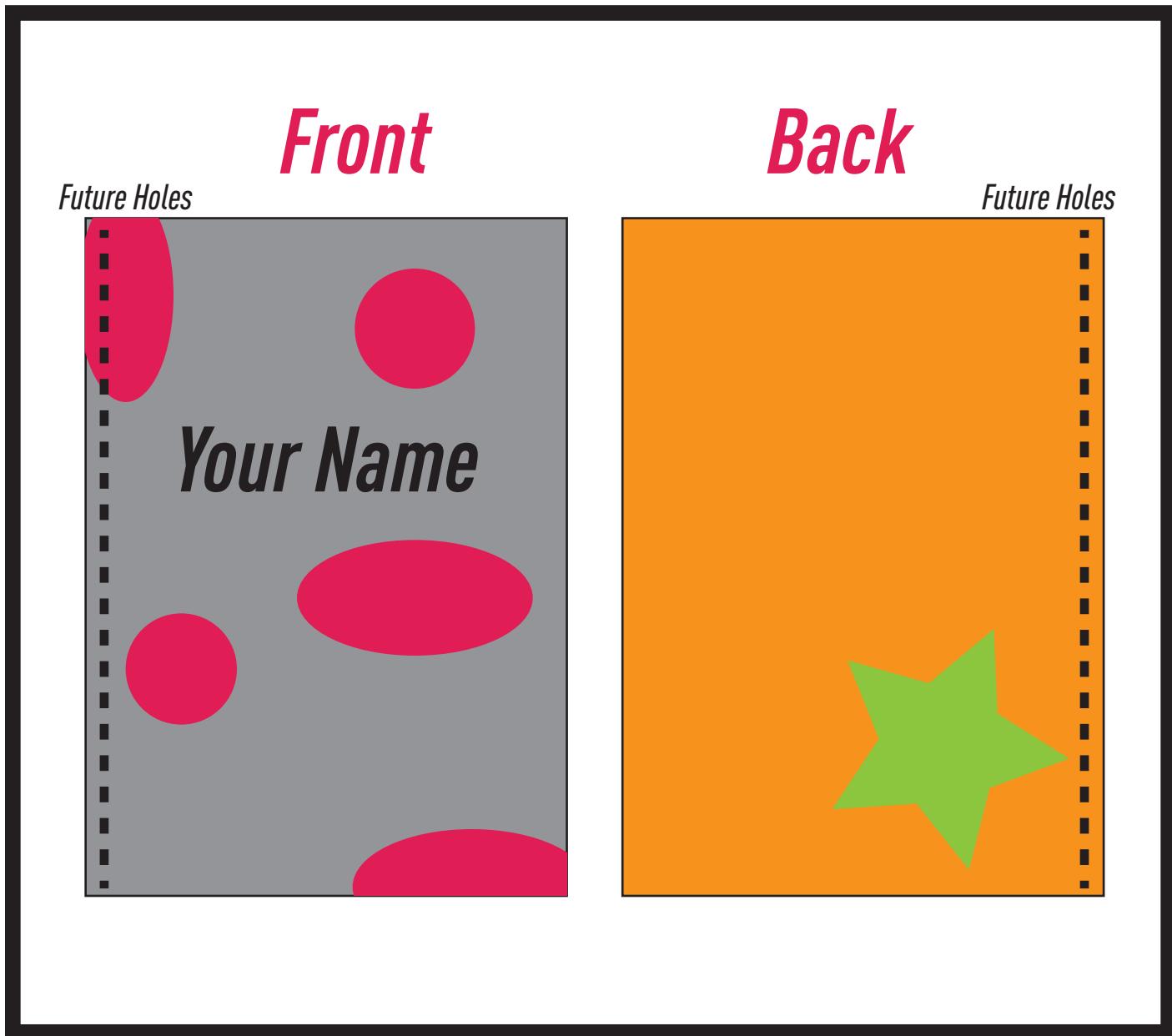


Now, repeat the process with your second stack of paper! The punch can only handle one stack at a time, which is why we do them separately.



Part 4: Decorate the Covers

Step 1: Make it Unique!



Decorate one side of each piece of cardstock! Use markers, pencils - whatever is available.

Part 5: Punch the Covers

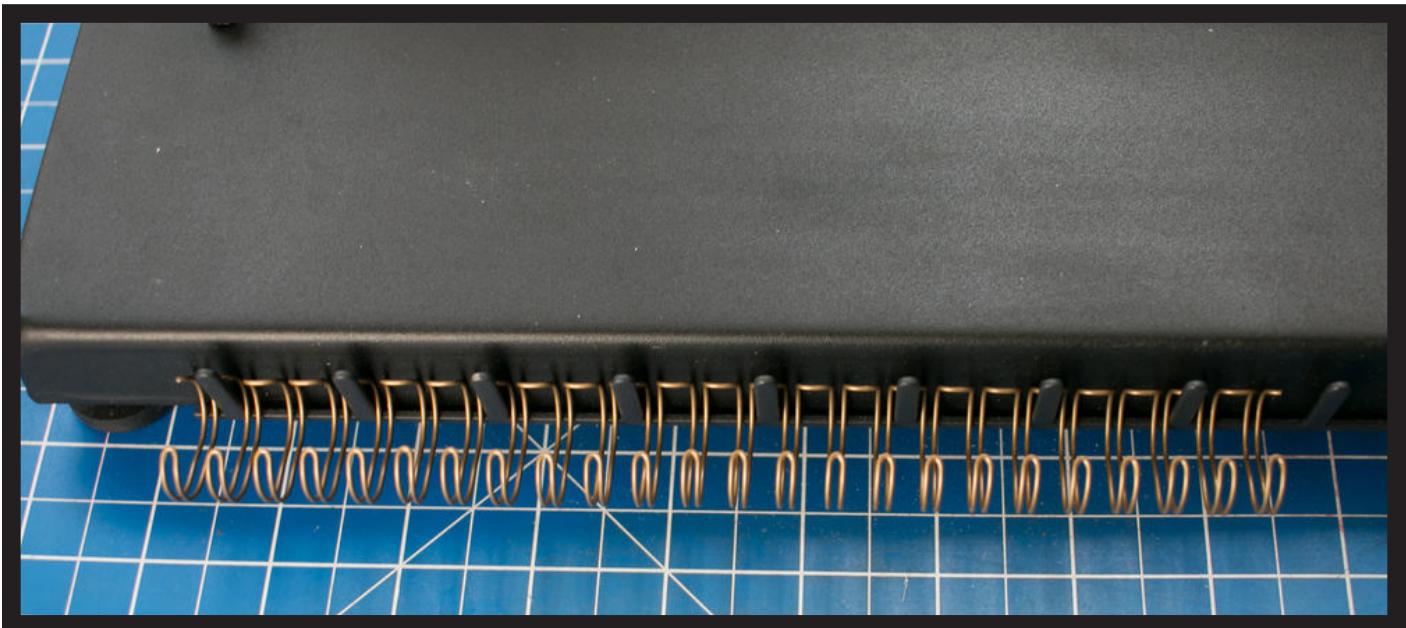
Step 1: Press the Holes



Insert both pieces of cardstock. Make sure they're aligned together and pushed all the way down. Then, pull the lever!

Part 6: Bind it All

Step 1: Set Spine and Add Paper



Take your wire spine and hook it on the base of the press machine as shown in the picture. Then, put on all of your paper.



Part 6: Bind it All

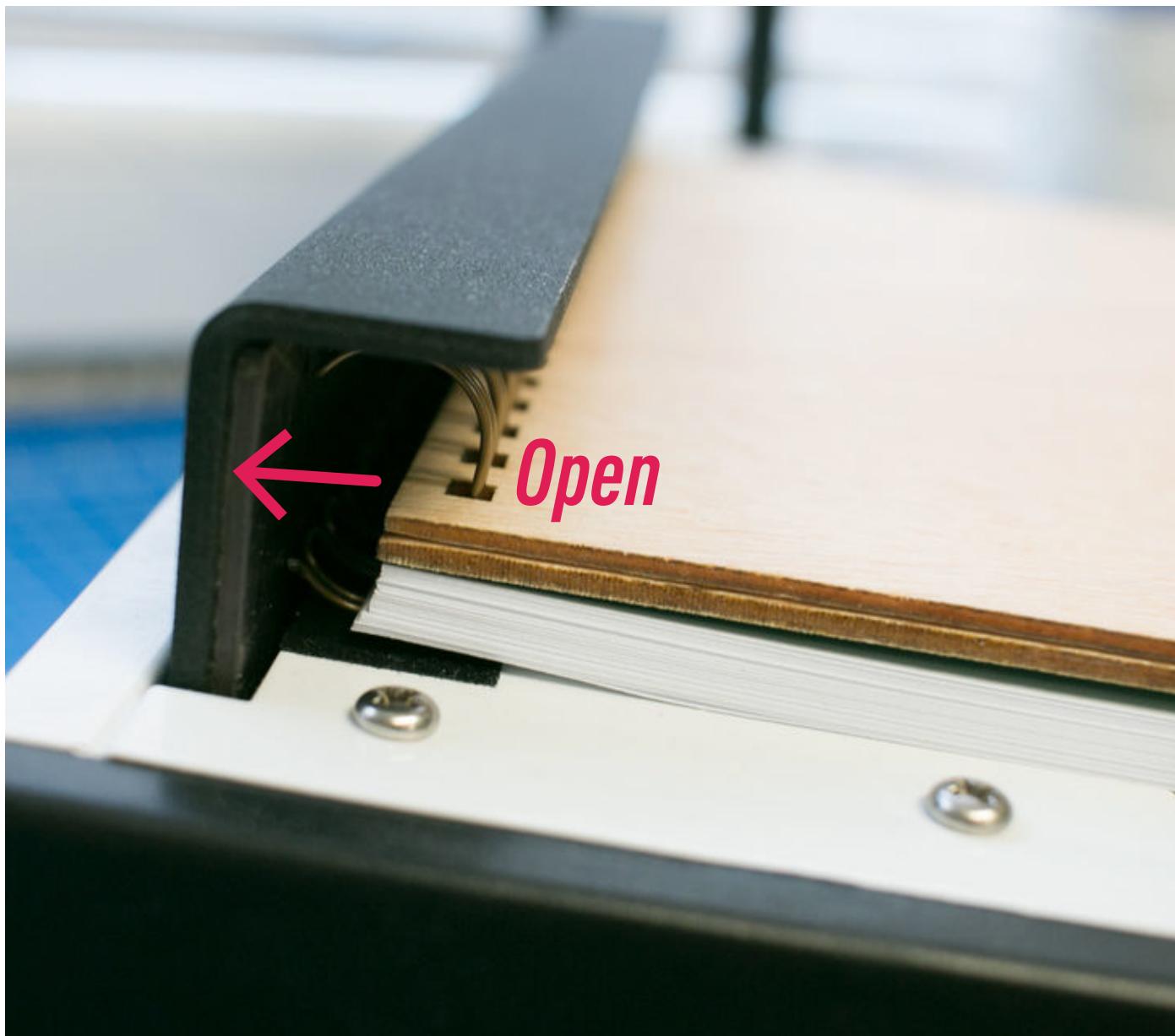
Step 2: Add the Covers



Put your top cover on the spine so you can see the side you just decorated. Then add your back cover so you can't see the decorated side.

Part 6: Bind it All

Step 3: Insert the Coil



Now, gently remove the coil from the bottom of the machine and insert it at the top. The open part of the coil should be facing the wall.

Part 6: Bind it All

Step 4: Close the Coil



Gently and slowly press the lever down and close the coil on your journal. Done!

Part 6: Bind it All

Step 4: Trim Away the Extra Wire



Using the wire cutters, snip off the extra wire spine. You should only have to cut 1 wire!

Part 7: Troubleshooting

Does something not look right ? Let's find out why...

If you decorated your cover but can't see any of the decorations, you might have ordered your covers wrong. It's okay! You can decorate your journal as much as you like once bound.

If you still have questions, ask the person sitting next you for help! Two brains is sometimes better than one.