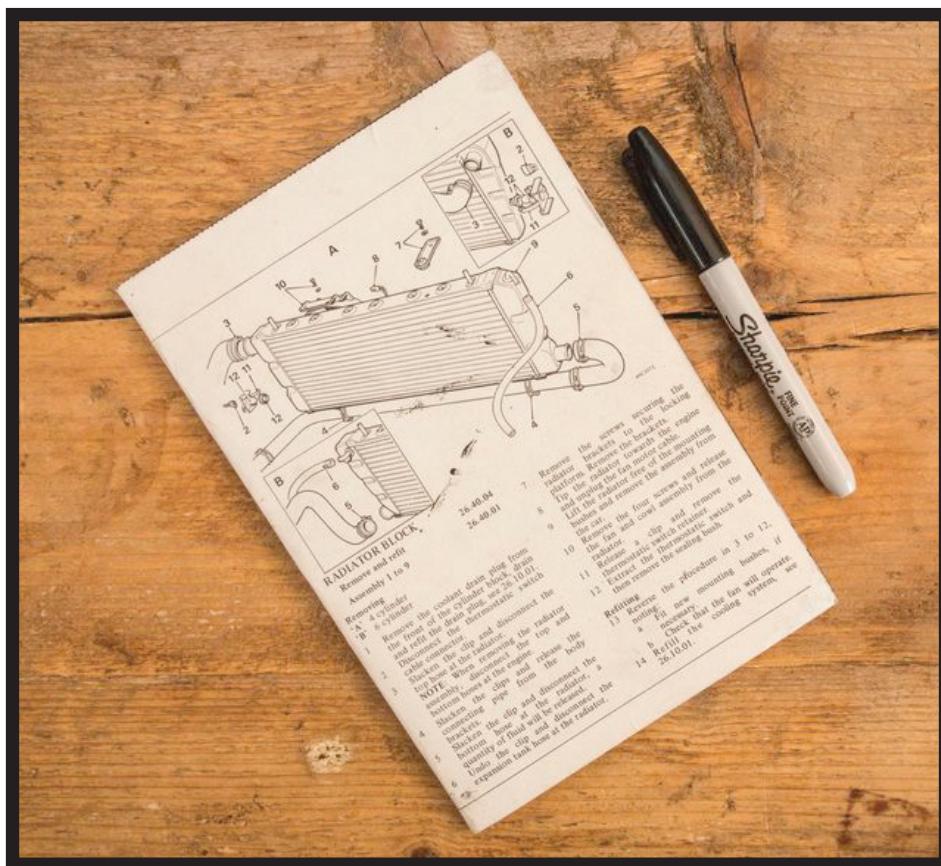




SHIFTING RHYTHMS

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. PVA Glue
4. Binder Clips
5. Spray Glue
6. Cardstock

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 so you can glue the pages together.

The A5 paper is the perfect size for a journal!

The PVA glue will go along one edge of all your pages, keeping them all stuck together.

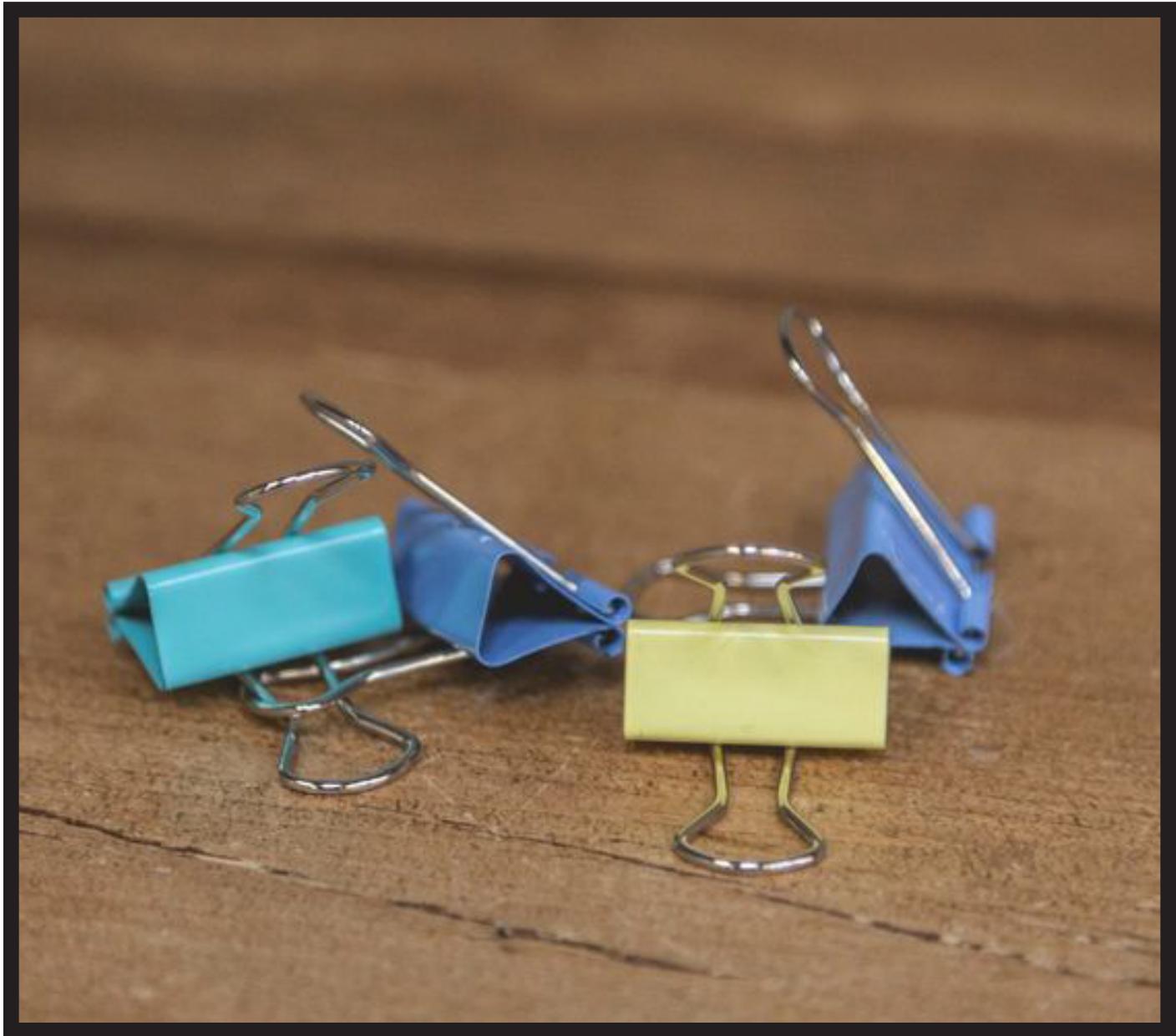
The binder clips will hold your paper straight while you put it in the bookbinding press.

The spray glue will attach your cover.

You'll make your own unique cover out of cardstock.

Part 2: Align the Paper

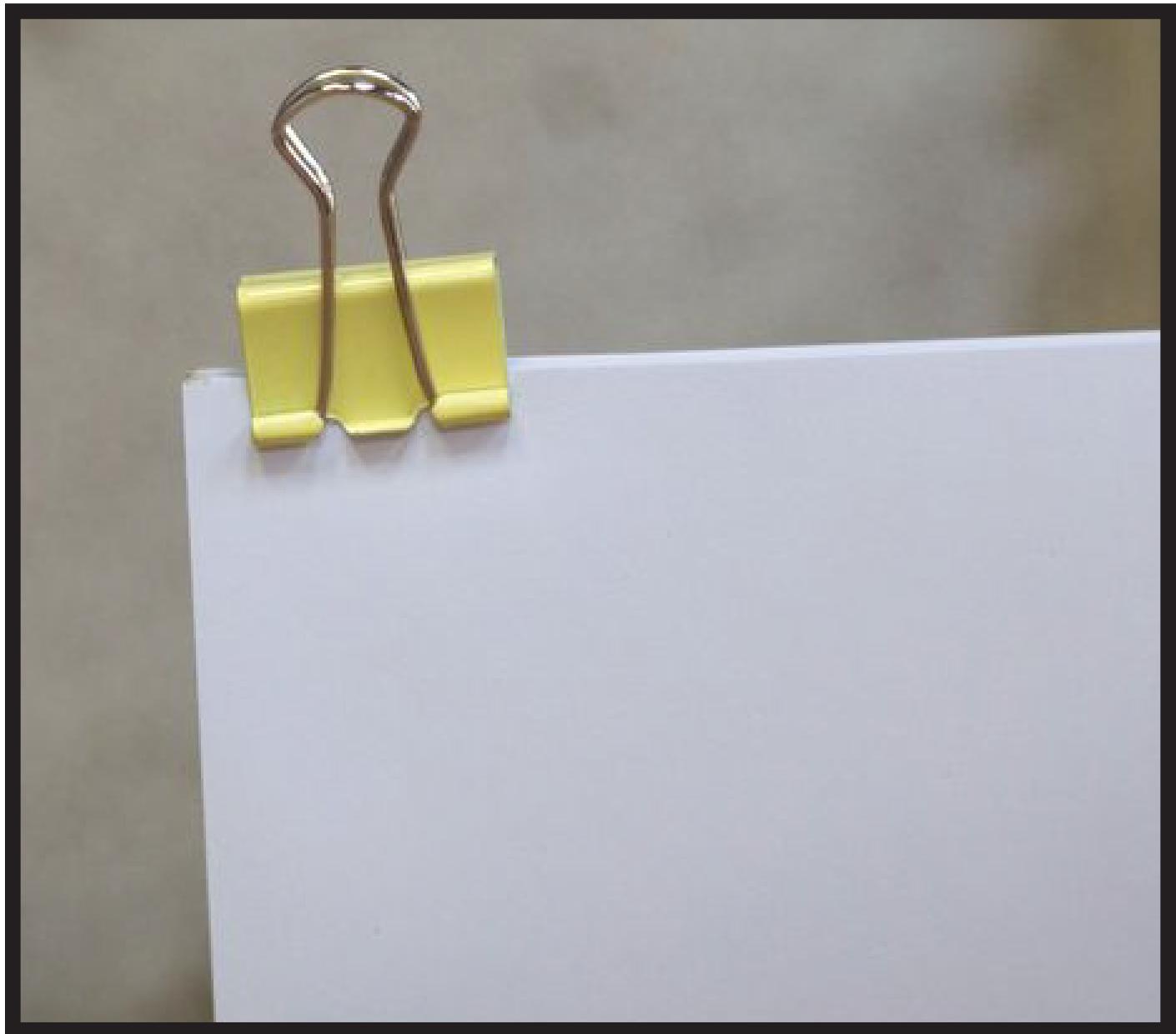
Step 1: Gather Supplies



Grab one of the stacks of paper from the main table and 4 binder clips. Holding your paper upright, make sure all of the pages are aligned.

Part 2: Align the Paper

Step 2: Straighten and Clip



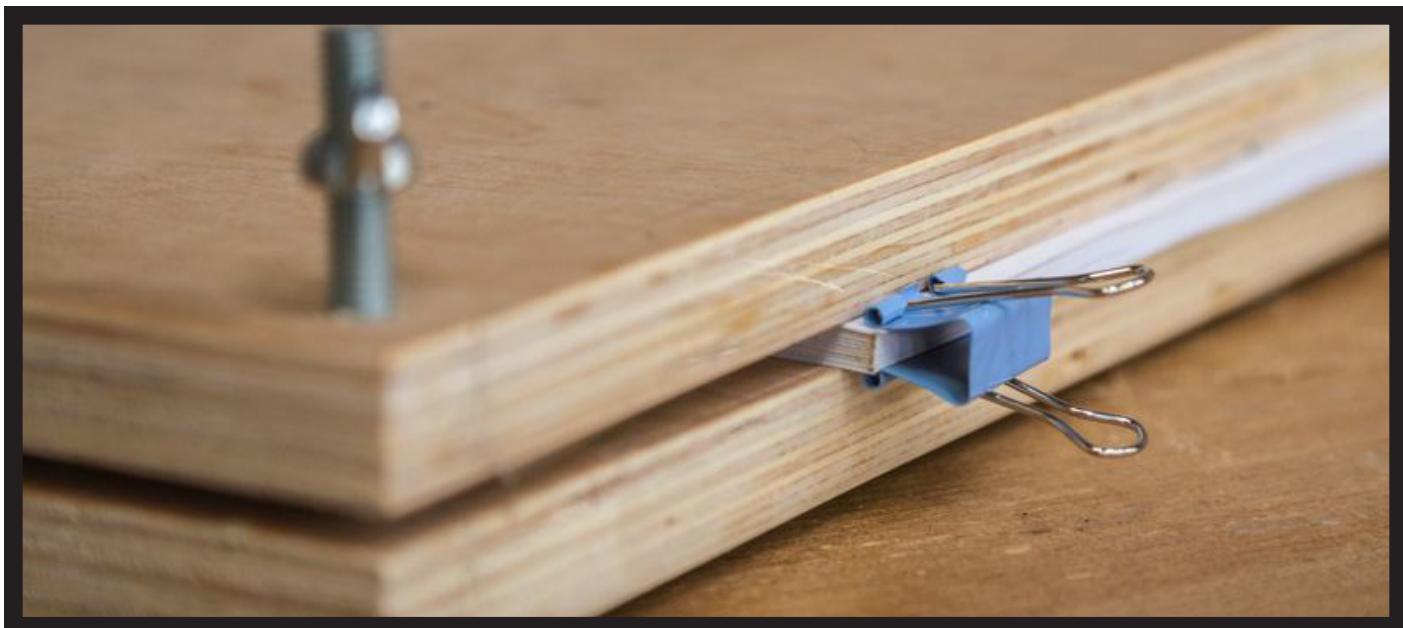
Rotate your stack so that the long edge is touching the table and pointing towards the ceiling. Tap the stack on the table to align all of the pages, then put binder clips on the edge facing the ceiling.

Part 3: Press the Pages

Step 1: Open the Press



Unscrew the four corners of the press and lift the wood up. Carefully insert your clipped stack of paper so the clips and some paper are sticking out. Make sure to keep all of your paper aligned!



Part 3: Press the Pages

Step 2: Clamp your Paper



With the paper in the press, press down on the top piece of wood and then tighten all four screws. Again, make sure all of your paper stays aligned! Once the screws are tight, take off the clips.



Part 4: Glue the Pages Together

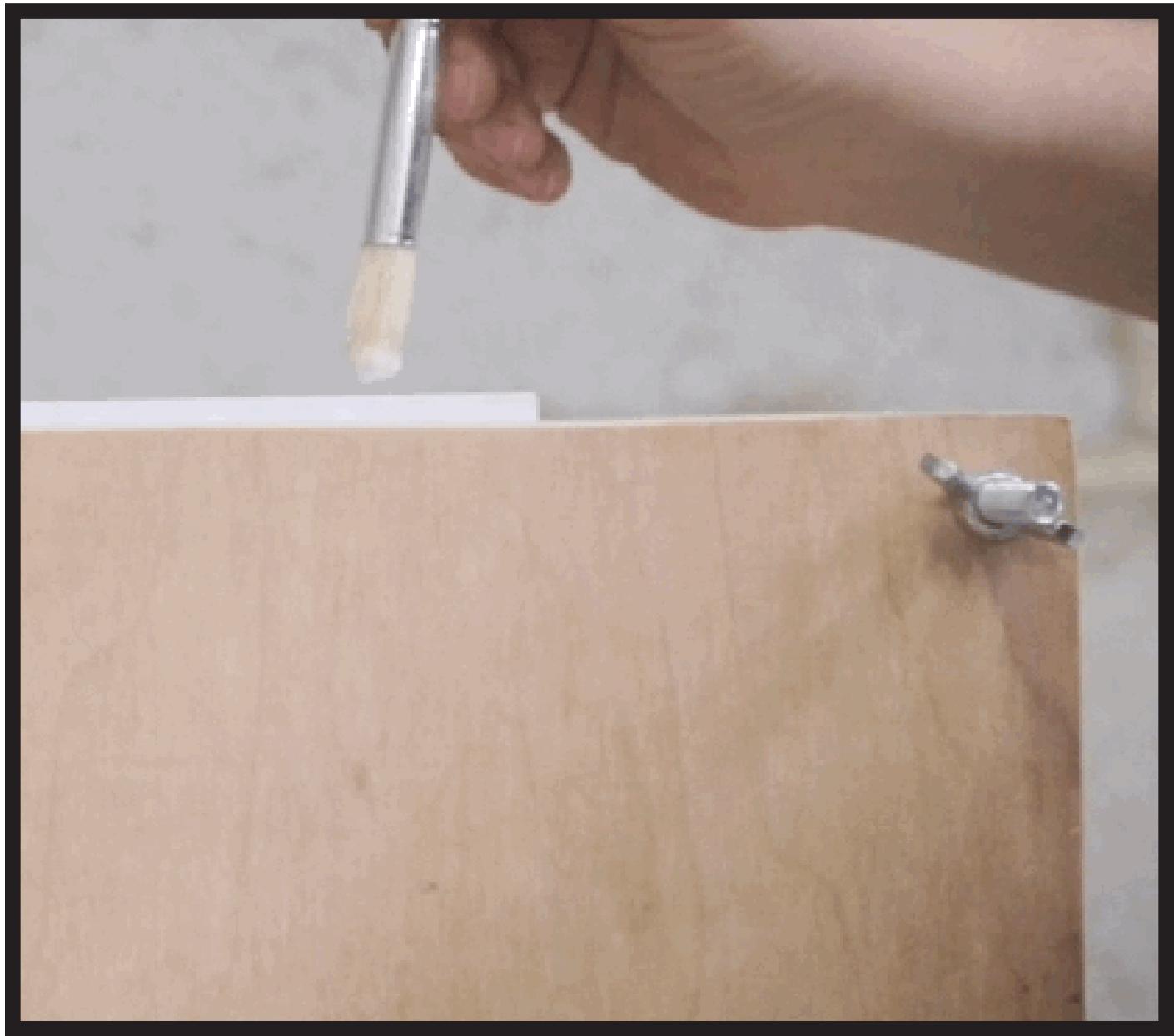
Step 1: First Coat of Glue



Turn the press with your pages so the edge sticking out faces the ceiling. This is the spine of your journal. Using a brush, lightly coat the spine with PVA glue. Make sure no PVA glue drips down the pages!

Part 4: Glue the Pages Together

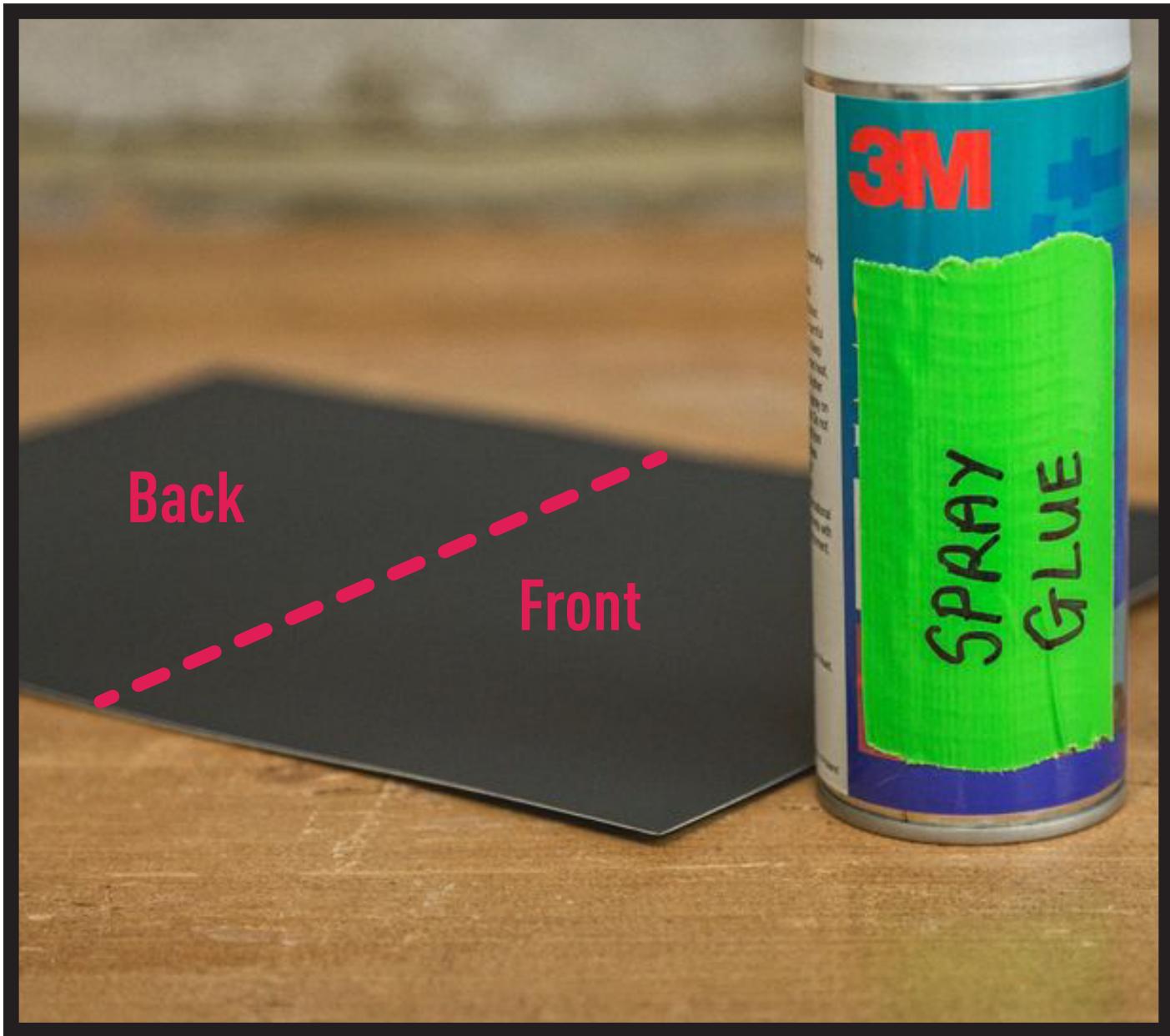
Step 2: Second Coat of Glue



After 20 minutes, brush the same edge with another coat of glue. Again, try not to get any glue on any other part of the paper. Let it dry 30 min and then do one, final, third coat of glue! When that's done drying, take out your pages.

Part 5: Design Your Cover

Step 1: Make it Yours!



Grab a piece of cardstock and decorate one side! Draw on it. Glue stuff. Write your name. Whatever you want. Its your journal! The front cover of the journal will be right half of the side you're decorating.

Part 6: Glue the Cover

Step 1: Prime the Cover



Put your cover on the table so you **can't see the side you just decorated**. Fold it in half and then unfold it. Using spray glue, spray the whole inside of your cover.

Part 6: Glue the Cover

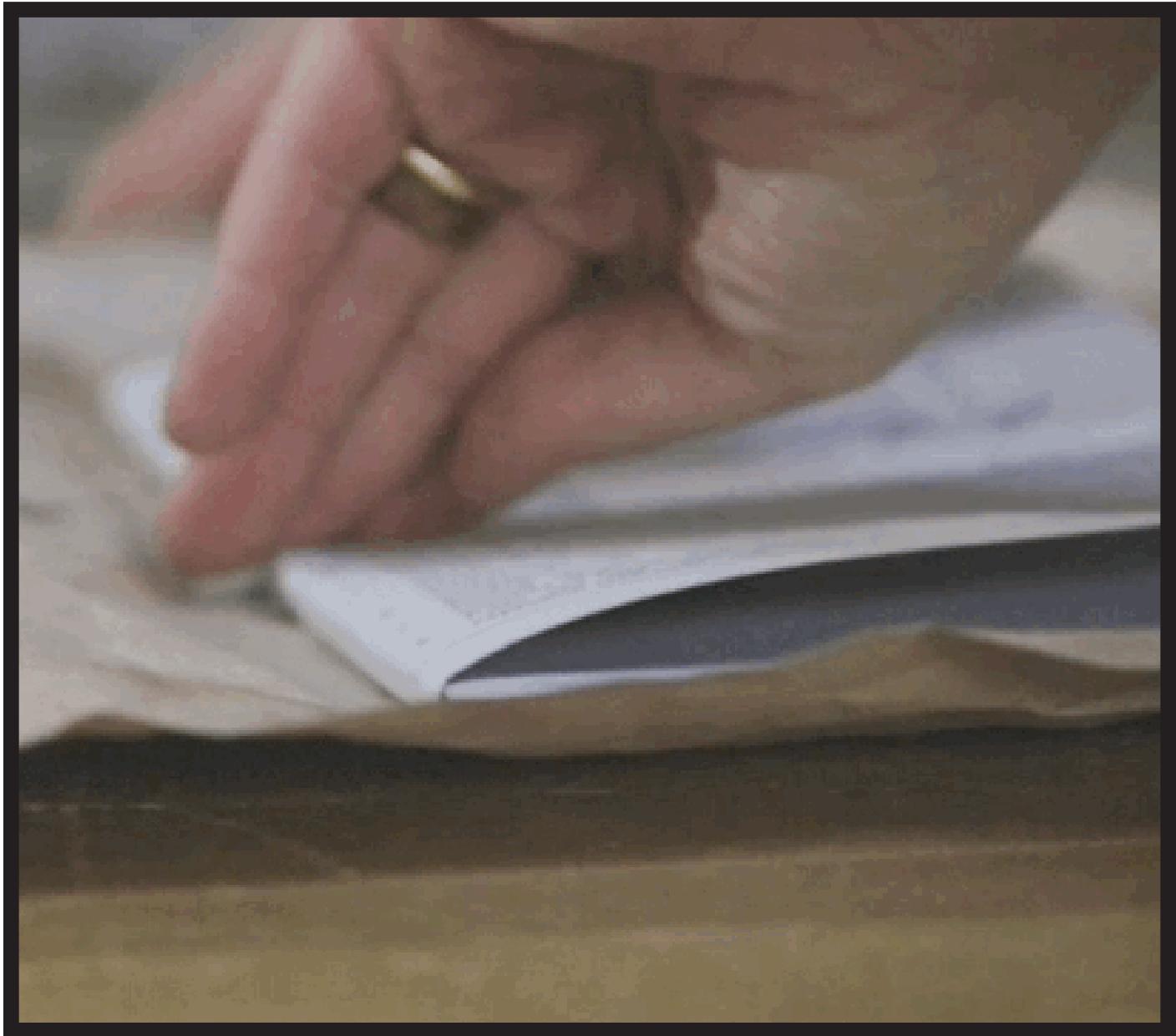
Step 2: Insert the Pages



Now, gently line up the your pages with the free edge right along the edge of your cover and glued edge towards the middle. Press down to glue the cover to the back.

Part 6: Glue the Cover

Step 3: Fold Over the Cover



Carefully fold over the other half of the cover and press it tightly on the top page of your glued paper to attach it. Stick it back in the press and clamp. Now let it all dry overnight!

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 glued your pages to the decorated part of the cover. It's okay! You can decorate your journal as much as you like once it's dry.

Are some of your pages falling out? Try adding another layer of glue before putting your cover on.

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