

Journal Making

Best for Ages

6+

Workspace

Flat indoor surface

Is electricity required?

No

Description

You can make a quality journal from the comfort of your home! Journals are a great way to encourage self-expression and reflection. This journal can be used to record your Amazeum YOU discoveries.

Materials

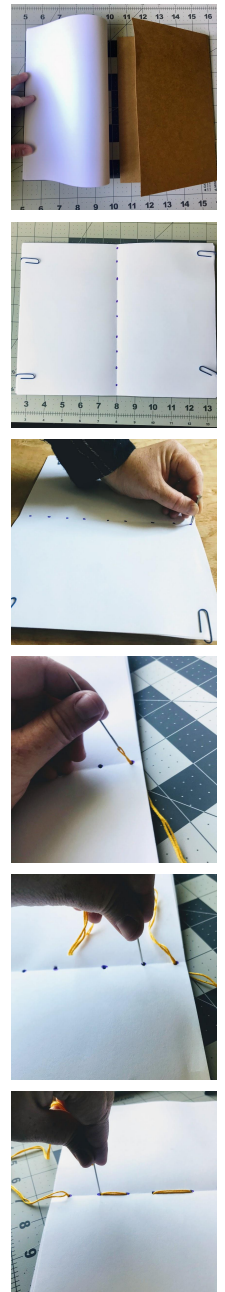
- Writing Utensil- Pencil, pen, marker
- Paper- 11 sheets- cardstock, copy paper, old cards or mail fliers, construction paper
- Creasing Object- craft stick, chopsticks, fork, marker
- 4 Clips to hold paper in place -binder clips, clothes pins, paper clips, etc.
- Hammer or mallet
- Piercing object -nails, ice pick, awl, golf tee
- Hammering Surface- workbench, foam block
- Scissors
- Needle and thread or string

Concepts Explored

- Folding/Creasing Paper
- Sewing & Hammering

What to Do

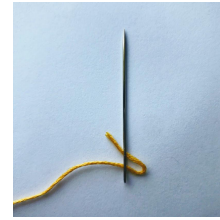
1. Fold one piece of paper in half horizontally, this will be the journal cover. Then take the remaining 10 sheets and fold them all together, making a booklet. Use your creasing object to help make your folds. Place sheets inside your cover, making sure your edges line up.
2. Place clips on each corner of the opened stack of paper to hold in place.
3. On your inside crease, make 8-10 evenly spaced marks.
4. Place your stack of paper (clips still attached) on top of your hammering surface. Use your hammer to drive a your piercing object through each mark (pierce through all 11 sheets).
5. Cut your thread so that it is the length of your wingspan (from hand to hand with your arms outstretched). Thread your needle and bring both thread ends together making a knot.
6. Time to Sew! Start on the outside (cover side) and use a straight stitch. Go in one hole and out the next, creating a line of thread down the middle of your journal.
7. When you get to the last hole, turn your needle to go in the opposite direction, with your straight stitch, filling all the empty holes. Tie knot and cut.
8. Remove clips and decorate.



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Troubleshooting Tips

- Threading the needle and tying a knot at the end of the thread can be the most difficult part. For threading, you can use a threader, or loop your thread like the picture to the side to make sure those frayed ends don't make your job any harder! Also, take time to practice knot tying. An easy way is to make a loop and then put one end under the circle and pull tight. See photos for help.
- You might find yourself confused with the sewing pattern. You can make notes in pencil next to each mark to help you (in-out-in-out).



What happens when you hammer harder? Softer?

What other materials could you use to make your journal?

What could you do to bind your journal if you didn't want to sew?

What is Happening?

- **Folding paper** can be difficult to master but gets easier with practice. There is no wrong or right way to fold paper. Try using different objects to fold your paper, such as a popsicle stick. This will help develop **hand-eye coordination**, **fine motor skills** and **creative thinking**.
- **Hammering** also helps develop fine motor skills and hand-eye coordination. Many things around your house were made using a **hammer** and **nails**. Hammers are **tools**, or things that help you do a job better. Tools have been used for centuries and have created the world as we know it today. It's useful to know the different types of tools and their functions.

Taking it Forward

- **Connecting this activity to the real world:**
Look for other items in your house that were created using sewing or hammering. For example, do you notice any of our journal making skills on your pillow? Look closely at the binding on books at your home. What do you notice?
- **Use your Journal!**
Write, draw and doodle in your new journal!
- **Use Your Tools**
Try making a [plushie pillow](#) using your new sewing skills!