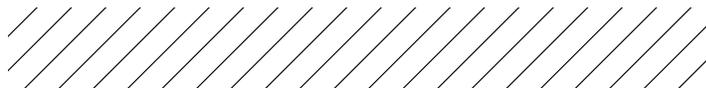
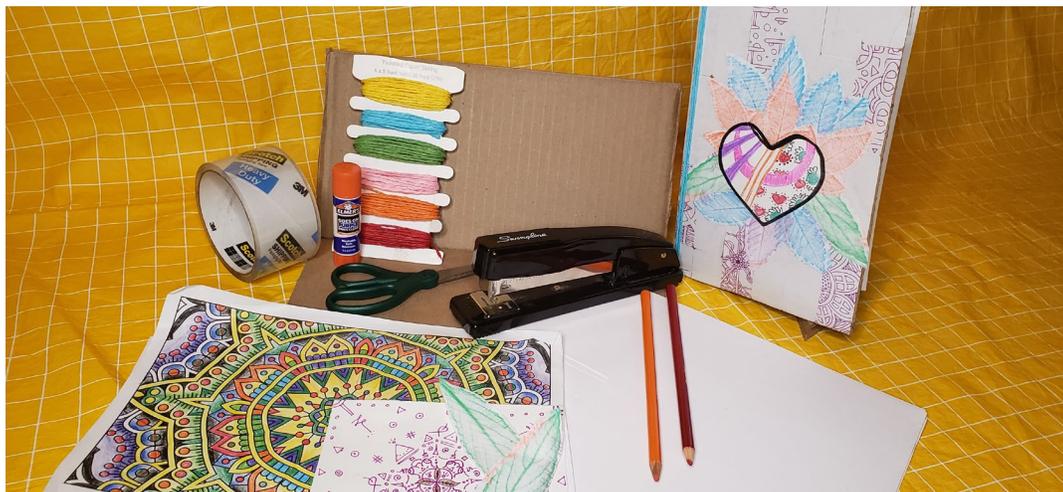


# OPEN STUDIO



## Journal Making

Using collage-based materials, create a personalized journal to creatively express your thoughts and feelings.



### Materials

- Thick or Thin Cardboard
- Blank or lined Paper
- Scissors
- String
- Stapler
- Clear glue or tape
- Decorative items
- Writing utensils

## Instructions

### 1. Create Pages & Cover

Your piece of cardboard will be the cover of your journal and the blank or lined paper will be the pages. Fold your pages in half on the horizontal edge and staple them together along the crease. Then fold and cut a piece of cardboard the same size so that the crease of your folded pages lays between the cardboard's crease. TIP: A recycled cardboard box has pre-made creases, cut strategically.

### 2. Decorate Cover

Showcase your intentions for your journal by personalizing the cardboard with your collected decorative items—collage paper, stickers, or bling. Apply a thin layer of glue or layers of clear tape to seal your cover. If using glue, let dry before the next step. TIP: Flat items work best if you intend to travel with your journal.

### 3. Assemble Journal

Cut a piece of string three times the length of your cover. Lay your pages in between your cover along the crease. Fold your piece of string in half and hold the ends together. In between the center of your folded pages and starting from the top of your folds, lay your string in the crease. Bring the loop end around the cover to meet the ends and pull the ends through the loop. Tighten the string along the center of the journal by pulling the ends and secure with a double knot.

### 4. Write it Out

Pick your favorite drawing utensil and fill the pages with your thoughts, drawings, and intentions. Now you have a place for your feelings and thoughts.

## Contemporary Arts Museum Houston

Share your journal with CAMH by tagging us using the hashtags #MuseumFromHome or #ConnectWithCAMH