

## HOW TO MAKE A JOURNAL



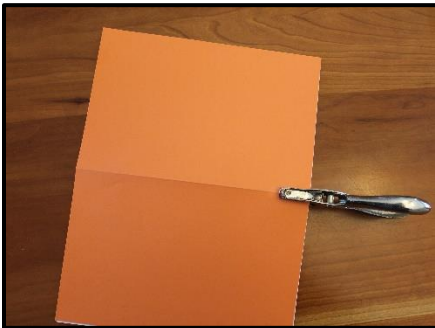
### Materials:

- Paper for writing
- Paper/cardboard for cover
- Hole punch
- Either ribbon, yarn, shoelace OR elastic and stick at least 9 inches long



### Step #1

- Fold writing paper in half
- Fold cover in half
- Insert writing paper inside the cover



### Step #2

- Open the book and flip it over so the cover is it up
- Punch a hole on the fold at each end

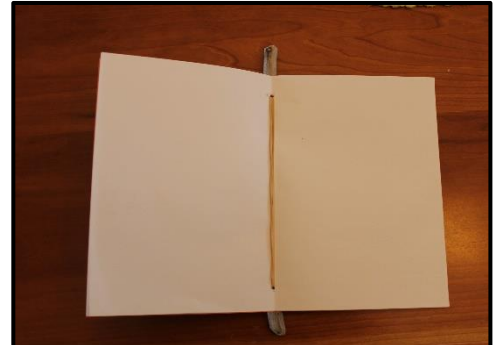
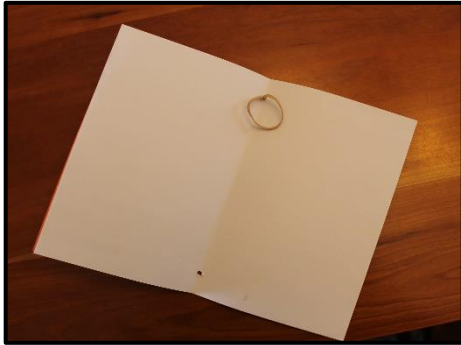
### Binding option #1 - Using ribbon, yarn or shoelace

- Thread the ribbon, yarn or shoelace through the two holes as shown in the photo
- Flip it over and tie a bow



## Binding option #2 - Using stick and elastic

- Thread the elastic through 1 hole
- Flip the journal over and put the stick through the elastic loop
- Flip the journal back over and stretch the elastic. Now thread it through the other hole. It may seem like this is not going to work but hold on!



- Flip it over again and put the stick through the elastic
- Smooth things out and adjust the elastic and stick



## THE FINISHED PRODUCT!!!!!!!

