



Waldo County 4-H Program
992 Waterville Rd, Waldo, ME 04915
(207) 342-5971 Ext
(800) 287-1426 toll free in Maine
(800) 287-8957 TDD
sadee.mehuren@maine.edu
joyce.weaver@maine.edu

Putting knowledge to work with the people of Maine

Make Your Own Journal

Purpose of activity: The purpose of this activity is to express your creativity by making your own journal. Journaling is a great outlet to process thoughts, develop creativity, and relieve stress. In your journal you can draw, add photos, write poems and or share stories about your 4-H adventures.

Materials:

- (2) 6x9 Pieces of corrugated cardboard (old boxes will work fine)
- Scissors or utility knife
- Duct tape
- Twine
- 10 pages of blank paper
- Optional: Colored pencils or markers, or paint

Instructions:

For video instructions from Alabama 4-H visit www.youtube.com/watch?v=MlsJb1bKp-c

1. Start by gathering two 6 x 9" pieces of cardboard. If you need to cut a larger piece of cardboard to size, have an adult help you with the cutting.
2. Lay the cardboard pieces side by side with a ½ inch gap between the two pieces of cardboard.
3. Place a strip of tape down the center of the two pieces of cardboard, making sure that you center the tape between the pieces of cardboard so that there is an equal amount of tape on each piece of cardboard.
4. Before cutting the tape, flip the cardboard over and run the tape down the backside as well. Trim ends off extra tape at the ends or fold down any extra tape that hangs off the end.
5. Cover all of the rough edges on your nature journal with tape.
6. To install your paper, fold your paper in half and make a crisp crease in the center of the paper. Place the paper in the center of the binding of your journal.
7. Run your twine down the inside of your journal. Flip it over, pull it tight and tie a double knot on the back to hold your paper in place.
8. Design and decorate your cover. Have fun and be creative!