

# Art Activity

## Handmade Journals



### Time for reflection and fun

Create a handmade journal for reflection and fun. The prompt could be anything we were feeling, thinking, weekend happenings, or even what we dreamt about. Let's take some time to create our own handmade daily journals.

1

#### SEARCH

Search your home for the suggested materials.

2

#### CREATE

Get creative with each step and think outside the box.

3

#### ENJOY

Enjoy your creation and share with others.



**McNay Connection**  
Seth Eastman's journal drawing of Mission San Jose 1848-49.



**McNay Connection**  
James Pernotto's P.O.P. Poet of Papier (For Joe), 1995.



**McNay Connection**  
A page from Lucien Vogel's book Gazette du Bon Ton: Arts, Modes, Frivolities, Vol 2, 1913.

## Suggested materials:

- Paper (copy paper, construction, whatever you have)
- Glue (Elmers or glue stick work great)
- Coloring tools like markers, crayons, or even watercolor paint
- Scissors
- Paintbrush or glue brush (optional)
- Piece of recycled cardboard with fun design (optional)



## Instructions:

- Start out by stacking some paper for your journal book. My paper was pretty thick so I started out with 3 pages, but if you have thinner paper you can use more.
- Fold each page in half down the middle. This will be your book gutter.
- Now, use those colorful crayons or markers and decorate each page as you see fit. I made a mix of busy and soft lines.
- Line up your book pages in the order you want them in. Take the first one, flip it over, and add a thin layer of glue to the back of the LEFT side. Use a paint brush to spread the glue or just use your fingers.
- Now, stick that first page to the second page by connecting the glue-side to the back of the

second page as shown. You should have two pages. Repeat until all the pages are done.

- For the spine, you can use the same paper as your pages, OR you can find a cool piece of material from a cereal box or wrapping paper.
- Cut the spine material the same length as your book pages and about two inches wide, or a little wider if you like. Add another thin layer of glue to the back side and wrap it around where all the pages connect to create the book spine.
- Allow some time to dry before it's put to use. And don't forget to title your journal. Enjoy!

