

# Bell House Community Idea Swap

## How to Make a Journal with Recycled Materials with Ve

(Veronica Lenz)

Let's make a journal! It's simple and fun, and you get to make it as personal as you want. You must find some materials to recycle in your house:

- Cardboard
- Paper
- Ribbon or string

You also need to find some tape, glue and scissors.



### Before you start

Make sure you have all your materials ready. Measure your folded paper to ensure it fits within your cardboard. You may find you need to cut it to adjust if your cardboard isn't exactly A5. Pre-cut your ribbon and string. Glue sticks work better than liquid glue.

### Instructions

1. Cut cardboard into a rectangular shape, then fold along the middle. Make sure it is A5 size or slightly bigger, to fit A5 paper inside
2. Attach two bits of ribbon on either edge, in the same place.
3. Find 8-10 pieces of paper, A4 folded into A5 (half of A4) on top of one another
4. Attach them with a string and tie a knot at the back
5. Glue the top and bottom pages to the inside of the cardboard

