

How to Make Simple Nature Journal

By Rob Beadel, Arkansas Project Learning Tree

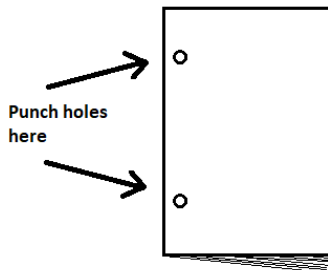


Materials: needed for each journal

- 10 sheets of regular 8 ½ x 11 copy paper
- Hole punch
- Yarn, twine or string
or
1 rubber band
- Stick, bamboo skewer, or pencil
- Stickers, markers, etc. to decorate journal cover

Instructions:

1. Fold the copy paper in half (hamburger style) so it is now 8 ½ x 5 inches
2. Punch two holes along the folded edge of the paper equal distances from the top and bottom edge.



Binding Option 1 – String, Yarn, or Twine

3. Cut two 6-inch pieces of string, twine, or yarn
4. Lace the string through the holes and tie (see example to the right)

Binding Option 2 – Rubber bands and Stick, Skewer, or Pencil

5. Put loop end of rubber band through hole
6. Slide stick, skewer, or pencil through the loop
7. Put the other end loop of rubber band through other hole
8. Slide free end of stick, skewer, or pencil through the loop (see example below)
9. Decorate front cover of journal with markers, stickers, etc.

