

MAKER KIT

BOOK BINDING

SKILL LEVEL
INTERMEDIATE

*This project will require the use of **sharp tools**.
This is a great project for adults and kids to work on together.*

MATERIALS

- 1 Decorative Sheet of Paper (Book Cover)
- 10 Sheets of Plain Paper (Pages)
- Ruler
- Bone Folder ([substitutes](#))
Smooth plastic tool used to create clean paper folds.
- Awl ([substitutes](#))
Wooden handle with sharp, pin-like end. Used for making holes.
- Bookbinding Needle or Large Sewing Needle
- Waxed Thread or Sturdy Sewing Thread
- Pencil
- Other Writing Utensils (Pens, markers, paints, etc.)
- Tape, glue (optional)
- Scissors (optional)
- Craft Paper, Photos, Stickers, Magazine Images (optional)

INSTRUCTIONS

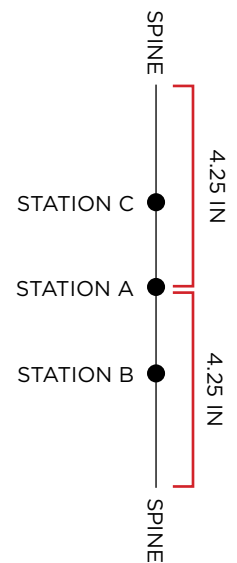
1. Fold the decorative sheet of cover paper in half, the short way (hamburger style). The resulting folded sheet should be 8.5 x 6 inches.
2. In a stack, fold the 10 sheets of plain paper in half, the short way (hamburger style). The resulting folded stack of sheets should be 8.5 x 6 inches.
3. Place the stack of folded plain papers inside of the folded decorative sheet of paper so that you have a booklet. Open the stack of folded papers so that you see the inside of the spine, in the center of the booklet.

4. Using your ruler and a pencil, mark three sewing stations along the spine.

- I. Station A should be exactly in the center of the spine, 4.25 inches from each end of the spine.

- II. Stations B and C should be on each side of Station A, and both the same distance from Station A. Mark Station B on the spine, 2 inches below Station A. Mark Station C on the spine, 2 inches above Station A.

- III. Lightly label each station with your pencil (you can erase later).



5. Using your awl, poke holes through all 11 sheets of paper at each of the stations.
6. Cut 18 inches of waxed thread, and thread your needle. Don't make a knot yet.
7. Starting from the outside, pull the needle through Station A. Leave a short tail.
8. From the inside, pull the needle through Station B until the stitch is snug.
9. From the outside, pull the needle through Station C until the stitch is snug.
10. From the inside, pull the needle through Station A until the stitch is snug.
11. Tie a knot. You can cut the ends of the string or tie into a bow.

**Now you
are ready to
customize
your journal!**

Use household items such as markers, pens, tape, glue, craft paper, stickers, magazines, scissors, and photos to customize your journal.

Fill your journal with family recipes, memories of preparing and sharing food together, and family stories.