**Materials needed to make your own sketchbook/visual journal:**

1. Recycled cereal (or other) box cut into 2 rectangles 5.5 x 8.5 inches
2. 8-10 sheets of computer paper
3. Scissors
4. Duct tape (or masking tape would do) 2 inches wide.
5. Ruler
6. Thread or embroidery floss
7. Large sewing needle
8. Scrap cardboard
9. Pushpin
10. Packing Tape

**Optional materials to decorate your cover:**

* Collage items (magazines, tissue paper, scrap papers, stickers, etc.)
* Colored pencils
* Adhesives (Elmer’s glue, mod podge, glue stick, etc.)
* Watercolor (you can make your own watercolor from food coloring, using nearly dried washable markers in a few tablespoons of water, strong coffee tea or juice will also decent colors)
* Markers (washable markers can bleed with water)
* Crayons
* Anything else you have around the house that can be used to make art….be creative!

**Directions:**

1. Cut your cereal boxes into two 8.5 x 5.5 rectangles.
2. Decorate your covers as creatively as you can!
3. Tear off 18-20 inches of duct tape, lay sticky side up
4. Leave 1/3 of the tape opened in the middle and lay the covers side by side on the tape. (see video)
5. Wrap the tape around for the binding.
6. Take 8-10 sheets of paper and fold them in half.
7. Measure on the fold 1 ¼ inches from each side and make a mark. Then make a mark between those two marks. Should be at the center of the paper.
8. Next, pre drill the holes by pushing through them with a push pin into the scrap cardboard.
9. Use your holes lined up against the inside cover to mark those holes and push them through with a push pin as well.
10. Next you will sew the book together. Start in the center of the book. Go through the middle hole with your needle, then come in from the outside cover in the bottom hole, then go back out through the middle hole and come back into the book from the top hole of the cover. Tie the string together and cut of the excess (but not too short.)
11. Now you have a simple sketchbook!
12. You may want to “laminate” the cover of your sketchbook with packing tape when you are through so that it is water resistant.