

Congratulations, you just made your first book! Here are some suggestions on how to fill it:

- Make a list of things you're grateful for.
- Make a list of things that are difficult, and make an art out of one of them.
- Doodle the day.
- Create a drawing using only dotted lines.
(For extra credit, drop a piece of sewing thread onto your journal, and follow the line it creates.)
- Make a list of all the animals in your yard, and the noises they make.
- Kidnap a poem, and change a word or two.
- Map out the floor plan of your house, and highlight your favorite areas and give them a fun new name.
- Describe a dream you had last night.
- Write a song about the most exciting thing you did today.



ZEN CAT
Productions



TELL YOUR STORY!

*Welcome to Nederland Community Library's
2020 Summer Reading Program*

This packet contains all you need to create and keep your own journal, from materials and step-by-step instructions to creative journaling prompts. For your entertainment and edification there is also a corresponding video series that demonstrates unboxing a kit and creating a journal, as well as a supplemental series of documentary videos exploring bookbinding in the wild. You can find both of these resources on the Nederland Community Library Youtube Channel.

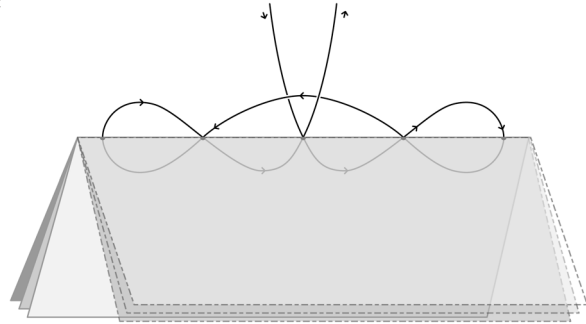
Contents:

- 1 pre-folded and punched text section
- 1 pre-trimmed cover sheet
- 1 pre-threaded needle

Sewing Your Book:

The cover and text block of your kit will be sewn together using one continuous length of thread. The sewing pattern is a figure of 8, and upon completion there should be a single thickness of thread visible on each section of the sheet.

The first creative decision to be made is whether you would like the knot on the thread to appear on the inside of the book or on the outside. If you would like the knot on the outside, begin the sewing going from outside to inside. If you would like the knot on the inside, begin on the inside of the book going out. For the purposes of these instructions we will begin on the inside and work out. (note: the diagram below shows working from the outside to the inside.) We will refer to sewing stations by number, 1-5, with #1 being at the head of the book, #5 being at the tail of the book, and #3 being in the center. We will begin and end on the inside of sewing station #3.



1. Check that the cover section is seated neatly over the text section. Place both of these sections with the spine edge flush with the edge of your desk. Hold the section in this position with a light weight.

2. Pick up the needle with your dominant hand, and pass it through the center sewing station (#3) in the section from inside to outside, to your non-dominant hand.

3. Going from outside to inside, pass the needle through sewing station #2 to your dominant hand.

4. Going from inside to outside, pass the needle again to your non-dominant hand through sewing station #1.

5. Now going from outside to inside, pass the needle through sewing station #2. (The thread will cross over itself in this sewing station.)

6. Here's where it gets tricky. Skip sewing station #3 and go from the inside to outside of sewing station #4.

7. Now we continue outside to inside of sewing station #5

8. Inside to outside of sewing station #4

9. Finally we'll finish by going from outside to the inside of sewing station #3 to meet the other end of your thread.

10. Pull the thread *snug* by pulling each side **IN LINE** with the spine of the book. **DO NOT** pull the thread perpendicular to the spine, or it will tear the sewing stations. Tie a square knot **OVER** the thread passing from sewing station #2 to sewing station #4 on the inside of your section by passing the left side of the thread over the right to create a loop (like the first step of tying one's shoes), and then reversing the loop to pass the right side over the left.

11. Trim the thread, leaving at least 1mm on each tail of the knot.

12. Using your needle, fray out each end of the thread, to prevent it from coming undone.

13. Fold back the front and back covers so that they extend slightly beyond the fore-edge of the textblock. This will create flaps on both covers.