Explore Now: Make a Journal

There are many ways and reasons to journal. Journaling captures your reflections, experiences, or observations. Journals can be written, drawn, or through photographs or audio. You can also consider talking about your reflections, experiences, or observations with a friend or family member.

Each week *Explore Now* will invite you to reflect on something you learned, think more deeply about a topic, or make connections to your own experience. If you don’t have a notebook or journal, there are lots of ways to create your own!

This week, we will show you how to create your own journal and write your first journal entry!

**How to Make a Journal:**

You can make a journal from almost any material you have on hand. Here are some instructions for making a journal at home.

Check out our picture guide to making a stapled journal and a paper bag journal [here](#).

**Supplies:**

- Paper material such as old notebooks, artwork, food packaging, cards, envelopes, coloring pages, wrapping material, paper bag - use your imagination!
- Scissors
- OPTIONAL: glue, markers, items to decorate
- OPTIONAL: cardboard cover such as a cereal box, cracker box; if you have an existing drawing or piece of artwork
- Potential binding supplies: staples, hole-punch + brads or string, binder or paper clips, rubber band + stick/pencil
Instructions:

1) Assemble the paper you will be using in your journal. If you decide to make a cover, put the paper inside.

- For an optional cover, use scissors to cut your cover material to twice the size of the paper you will use inside the journal. Fold it in half like a book to make a front and back cover. If you use glue, give it time to dry before attaching. Don’t forget to decorate your cover!

2) Bind your journal! Here are some ideas for what materials to use:

- Paper clips or binder clip: Great option for journals without a cover and to provide easy access to rearranging pages. Paper clip the top corner of all your papers to hold them together. A binder clip can be used in this way too!
- Staples: Staple all of your journal pages (and the cover, if you are using one) together along the center crease of your journal, if you have folded the paper in half (first picture), or along the closed edge if you have single sheets of paper (second picture).

- Hole punch and brads or string: If you chose to use a hole punch, make holes along the closed edge of the journal and secure with brads or small pieces of string tied through the holes.
Explore Now: Getting started with your journal!

Over the next few days, take your journal with you and notice how your senses help you learn about the world around you. You can also use your journal for other activities in this week’s email! Some questions to think about:

- How are your senses connected?
- How do they work together?
- When you experience something through your five senses, do you make any connections to past experiences or ideas?

Remember, you can record your thoughts and observations by drawing or writing in a paper journal, in a conversation with another person, or any other way that you prefer.