FREE PRINTABLE

What Is a JUNK JOURNAL?

a beginner's guide with 8 starter pages

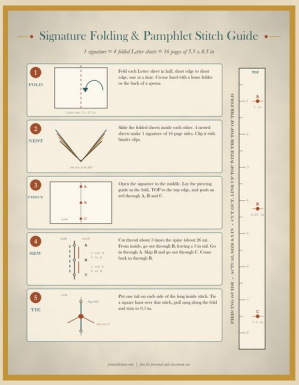
9 pages | US Letter | 300 dpi



page 2



page 3



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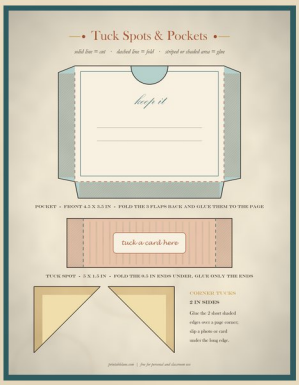

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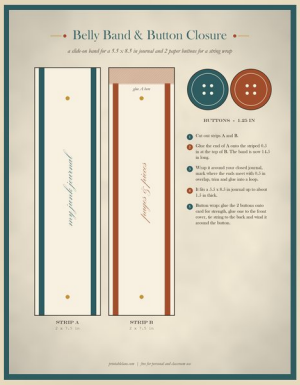

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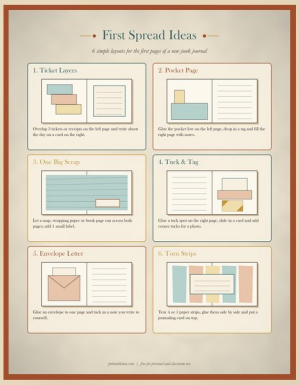


page 9

supplies · found paper list · stitch guide · pockets · cards · tags · belly band · spread ideas

fold · stitch · glue · fill

Junk Journal Supplies Checklist

what you need for a first journal, what can wait and what is already at home

THE BASICS - ENOUGH FOR A FIRST JOURNAL

- [ ] Paper for pages
- [ ] Scissors
- [ ] Pencil and eraser
- [ ] Large-eye needle
- [ ] Awl or push pin
- [ ] Card or cereal box for a cover
- [ ] Ruler
- [ ] Glue stick
- [ ] Waxed thread or floss
- [ ] Binder clips

NICE TO HAVE - ADD LATER

- [ ] Bone folder (or a spoon)
- [ ] Paper tape
- [ ] Hole punch
- [ ] Ribbon, lace or twine
- [ ] Craft knife and mat
- [ ] Ink pad and stamps
- [ ] Corner rounder
- [ ] Tea bags for staining

FREE FROM AROUND THE HOUSE

- [ ] Envelopes from the mail
- [ ] Paper bags, gift wrap
- [ ] Old maps and brochures
- [ ] Fabric scraps, buttons
- [ ] Receipts and ticket stubs
- [ ] Tea tags, food labels
- [ ] Greeting cards
- [ ] Pages of a damaged book

STILL TO FIND - SHOPPING OR SWAP LIST

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Found Paper Scavenger List

24 everyday things worth saving instead of throwing away

FROM THE MAILBOX

- [ ] Patterned envelope linings
- [ ] Used postage stamps
- [ ] Postcards
- [ ] Catalog pages
- [ ] Tissue paper from parcels
- [ ] Blank shipping labels

FROM THE KITCHEN

- [ ] Tea bag tags and wrappers
- [ ] Coffee filters
- [ ] Printed paper napkins
- [ ] Food labels
- [ ] Cereal box card
- [ ] Recipe cards

OUT AND ABOUT

- [ ] Ticket stubs
- [ ] Receipts
- [ ] Maps and brochures
- [ ] Paper shopping bags
- [ ] Fallen leaves to press
- [ ] Paper cup sleeves

AROUND THE HOUSE

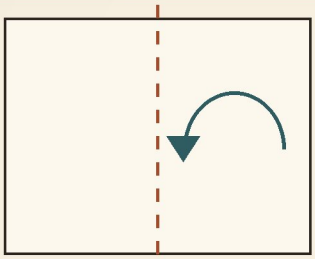
- [ ] Old book pages
- [ ] Sheet music
- [ ] Gift wrap scraps
- [ ] Greeting cards
- [ ] Ribbon and lace bits
- [ ] Old calendar pages

BEST FIND THIS WEEK - WHERE IT CAME FROM

Signature Folding & Pamphlet Stitch Guide

1 signature = 4 folded Letter sheets = 16 pages of 5.5 x 8.5 in

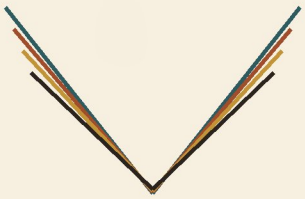
1 FOLD



Letter sheet, 11 x 8.5 in

Fold each Letter sheet in half, short edge to short edge, one at a time. Crease hard with a bone folder or the back of a spoon.

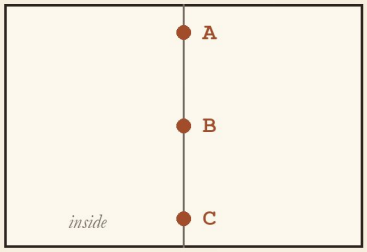
2 NEST



side view of the fold

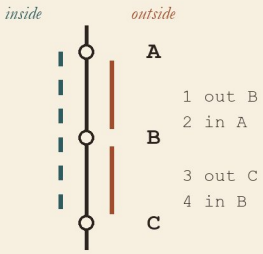
Slide the folded sheets inside each other. 4 nested sheets make 1 signature of 16 page sides. Clip it with binder clips.

3 PIERCE



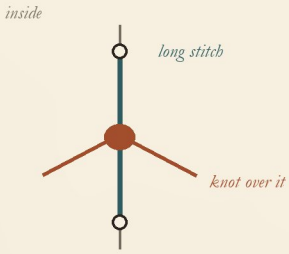
Open the signature to the middle. Lay the piercing guide in the fold, TOP to the top edge, and push an awl through A, B and C.

4 SEW



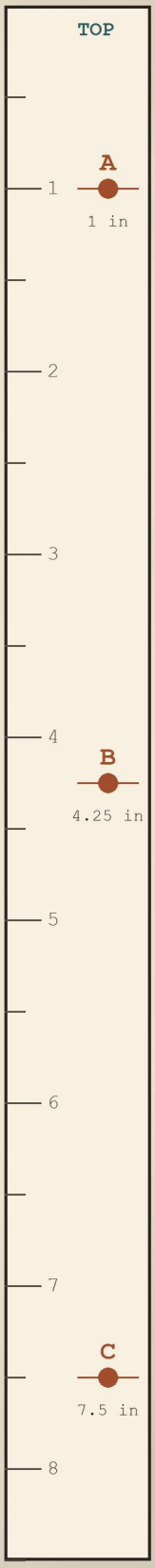
Cut thread about 3 times the spine (about 26 in). From inside, go out through B, leaving a 3 in tail. Go in through A. Skip B and go out through C. Come back in through B.

5 TIE



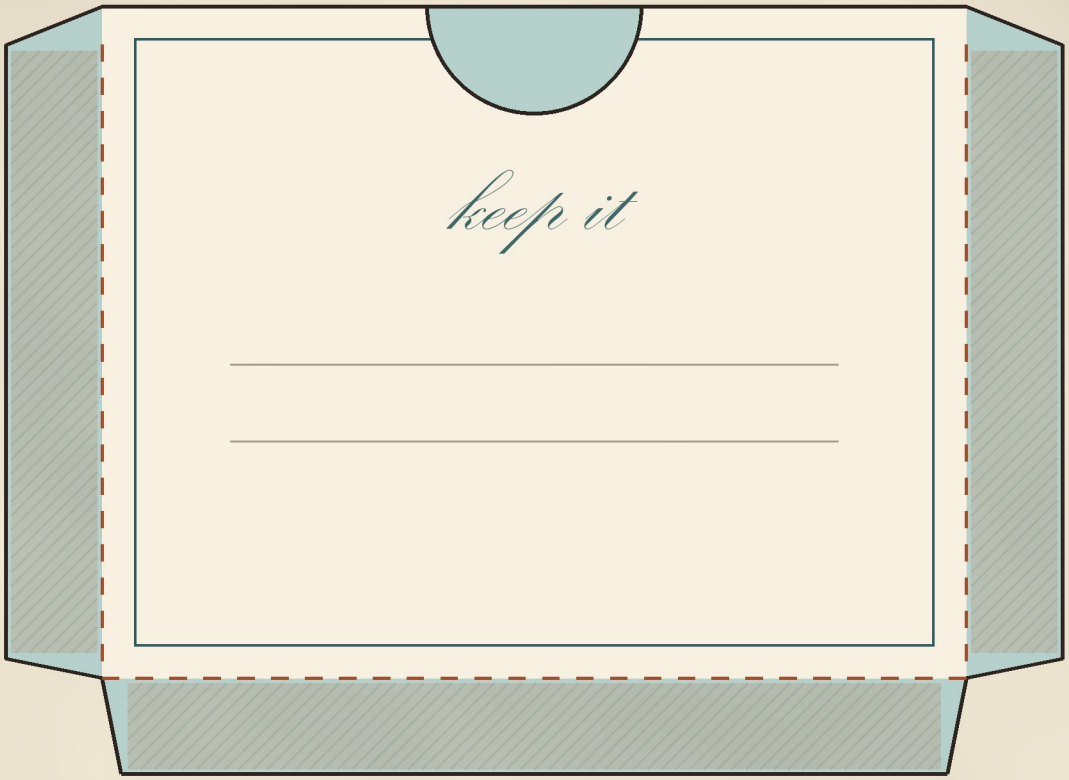
Put one tail on each side of the long inside stitch. Tie a square knot over that stitch, pull snug along the fold and trim to 0.5 in.

PIERCING GUIDE - ACTUAL SIZE 8.5 IN - CUT OUT, LINE UP TOP WITH THE TOP OF THE FOLD



Tuck Spots & Pockets

solid line = cut · dashed line = fold · striped or shaded area = glue



POCKET - FRONT 4.5 X 3.5 IN - FOLD THE 3 FLAPS BACK AND GLUE THEM TO THE PAGE



TUCK SPOT - 5 X 1.5 IN - FOLD THE 0.5 IN ENDS UNDER, GLUE ONLY THE ENDS



CORNER TUCKS

2 IN SIDES

Glue the 2 short shaded edges over a page corner; slip a photo or card under the long edge.

Starter Journaling Cards

6 cards, 3.5 x 2.75 in each: they fit the pocket and the tuck spot on page 5

Today I Found

Note to Self

Little List

1.
2.
3.
4.
5.
6.

Sketch It

Where I Was

DATE

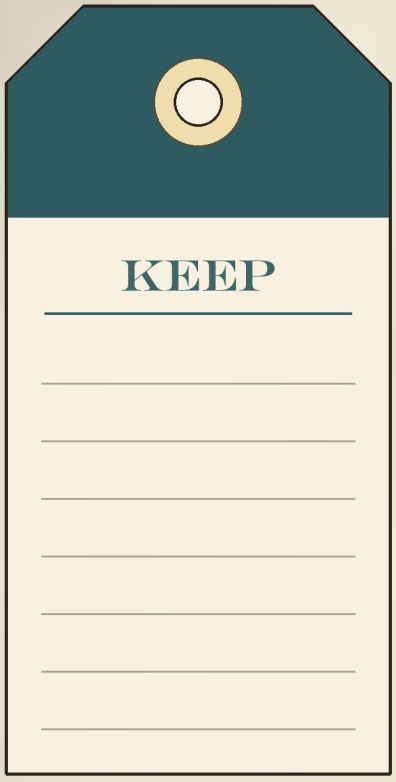
PLACE

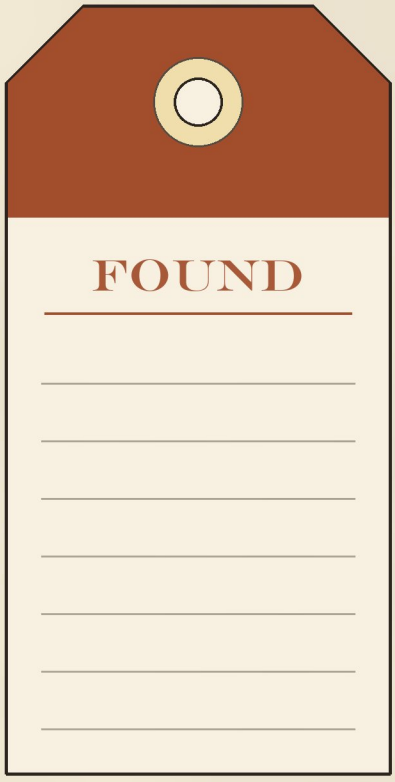
WEATHER

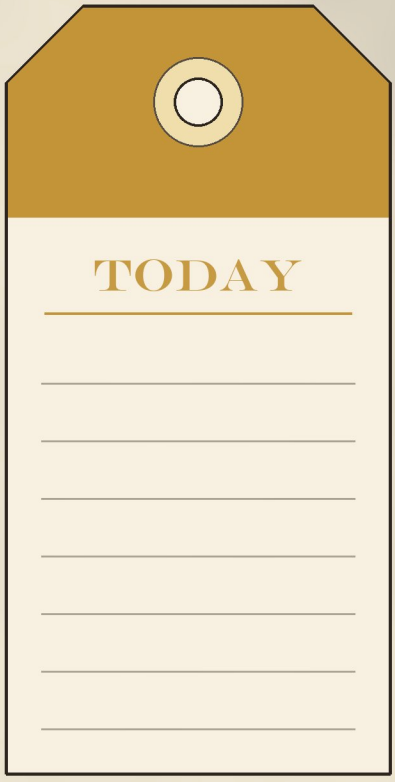
Save for Later

Starter Tags

6 tags, 2 × 4 in each: punch the hole and add string or ribbon

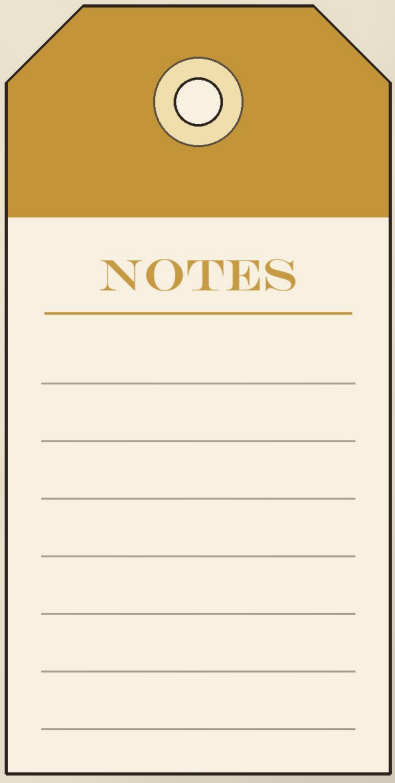












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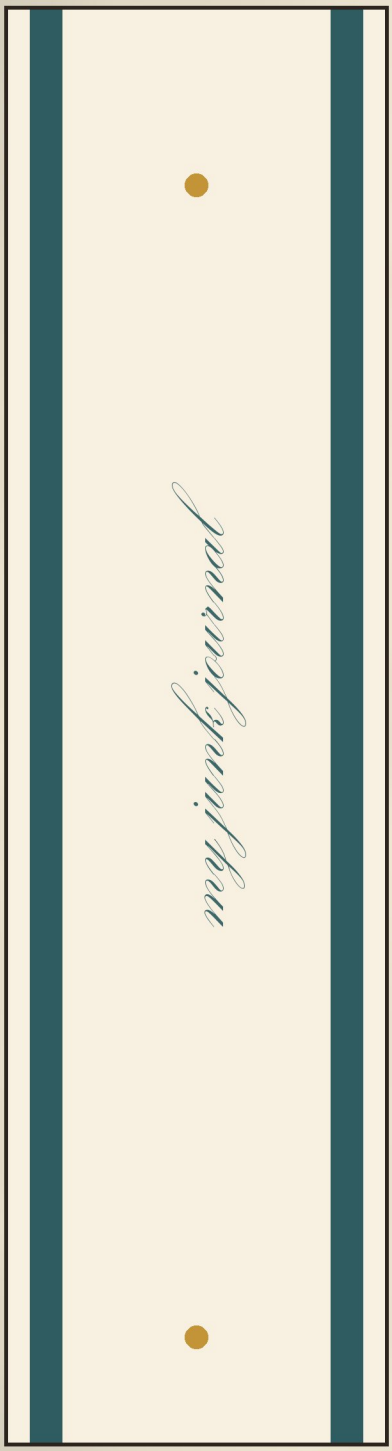
Belly Band & Button Closure

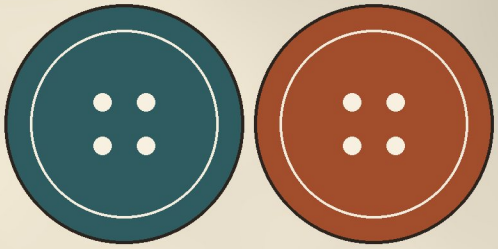
a slide-on band for a 5.5 × 8.5 in journal and 2 paper buttons for a string wrap



STRIP A
2 x 7.5 in



STRIP B
2 x 7.5 in



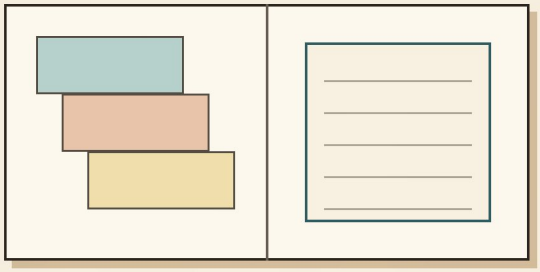
BUTTONS - 1.25 IN

1. Cut out strips A and B.
2. Glue the end of A onto the striped 0.5 in at the top of B. The band is now 14.5 in long.
3. Wrap it around your closed journal, mark where the ends meet with 0.5 in overlap, trim and glue into a loop.
4. It fits a 5.5 x 8.5 in journal up to about 1.5 in thick.
5. Button wrap: glue the 2 buttons onto card for strength, glue one to the front cover, tie string to the back and wind it around the button.

First Spread Ideas

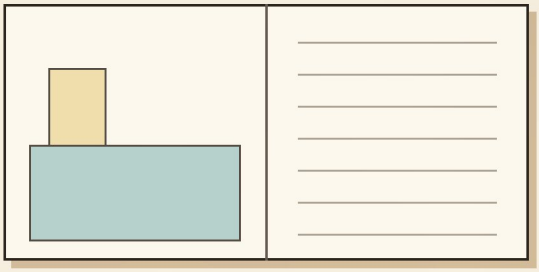
6 simple layouts for the first pages of a new junk journal

1. Ticket Layers



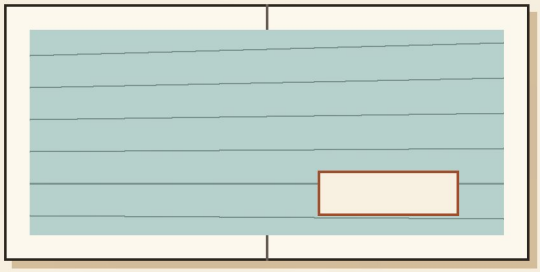
Overlap 3 tickets or receipts on the left page and write about the day on a card on the right.

2. Pocket Page



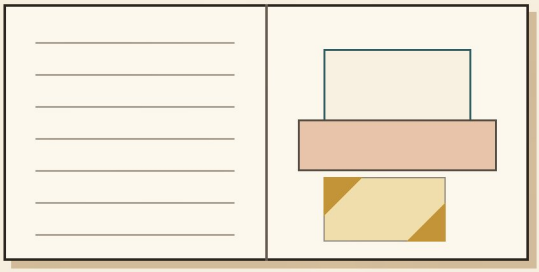
Glue the pocket low on the left page, drop in a tag and fill the right page with notes.

3. One Big Scrap



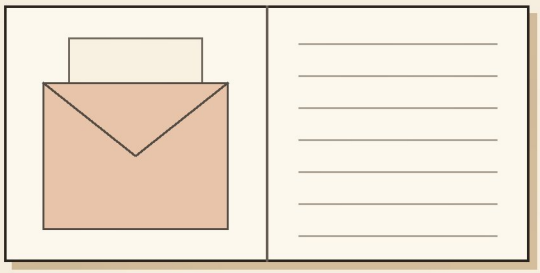
Let a map, wrapping paper or book page run across both pages; add 1 small label.

4. Tuck & Tag



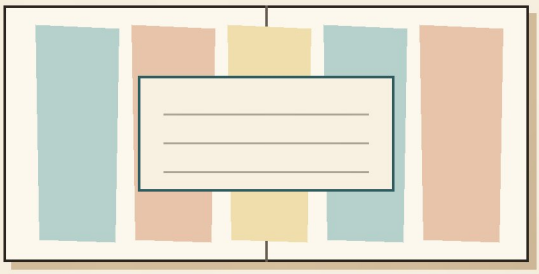
Glue a tuck spot on the right page, slide in a card and add corner tucks for a photo.

5. Envelope Letter



Glue an envelope to one page and tuck in a note you write to yourself.

6. Torn Strips



Tear 4 or 5 paper strips, glue them side by side and put a journaling card on top.