



Stick Binding Journal

Materials Per Book

- 8.5x11 inch sheets of paper (ideally 100% post-consumer recycled). The number of sheets will depend on how many pages are desired in the journal. More pages can be easily added later if needed.
- 1 piece of construction paper or other decorative cover paper, 9x12 inches
- 1 regular rubber band
- 1 thin stick or bamboo skewer, 8.5 inches long
- A single hole punch
- Colored pencils or markers to decorate the covers

Preparation

- Fold the 8.5x11 inch sheets of paper in half horizontally to create 8.5x5.5 inch folded sheets.

Depending on the number of pages, the sheets may need to be folded in smaller groups and then compiled into one “book block” or stack of folded pages.

- Measure 1.5 inches from the top and bottom of the “book block” and punch a hole at each mark.
Depending on the thickness of the “book block,” the hole punching may also need to be done in smaller groups of pages and then the pages recompiled.
- Fold the cover paper in half horizontally.
- Measure 1.75 inches from the top and bottom of the cover paper and punch a hole at each mark.

Stick Binding Assembly

- Give each child a “book block,” cover paper, rubber band, and stick.
- Insert the “book block” making sure all holes line up. Have the children check if they can see through the hole, if so, then they know the holes are lined up.
- Pinch the rubber band in half and from the bottom, thread it up through one hole so a little loop pokes through.

- Insert one end of the stick or skewer through the loop securing it from falling back through the hole. The stick will be on the top side of the journal.
- Flip the journal over and holding the rubber band tightly, stretch it to the other hole. Pinch and insert the rubber band through the hole. Thread it up through the hole so a little loop pokes through on the top side.
- Tightly holding the loop through the hole, flip the journal back over to the top side and slide the free end of the stick or skewer through the bottom loop securing it from falling back through the hole.
- Have children write their names on and decorate the covers.
- To add more pages, disassemble the book and add a second “book block” stacked underneath the first. Do not place the new book block inside or around the first this will rearrange the journals chronological order. Reassemble the rubber band and stick or skewer.