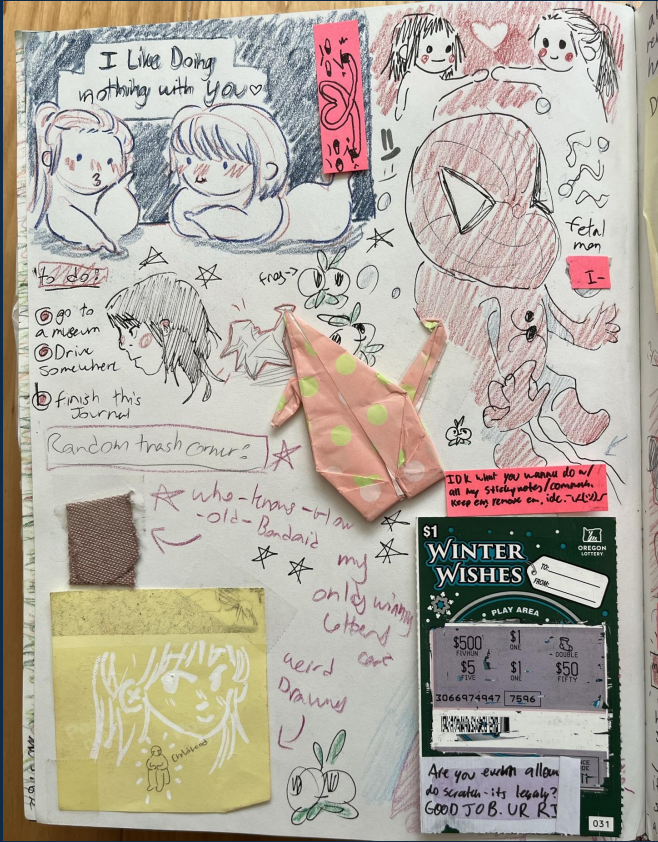


# Junk Journal/Glue Book (With a friend!)



# Junk Journal/Glue Book (With a friend!)

Are you like me and find yourself collecting receipts, clothes tags, candy wrappers, cards, random scraps of papers or notes because they're pretty or maybe because you found some sentimental attachment to them? Do you not have a place to put them? Well, by making a junk journal you can put your "junk" together to make art! An added plus is that the "junk" won't end up in a landfill and will turn into something more!

You can get a friend (or how ever many friend you want!) and start a junk journal together where you pass the journal every couple of weeks or so! But of course, having a journal all to yourself is absolutely okay as well! I have my own little journal for myself along with the one I share with my friend.

We will mainly be sharing inspiration for pages in your junk journal :)

The photos to the right is our journal! It hasn't been a full year year and it is just barely past half way full, yet.... It's already super difficult to close (we have a belt to keep it close now)

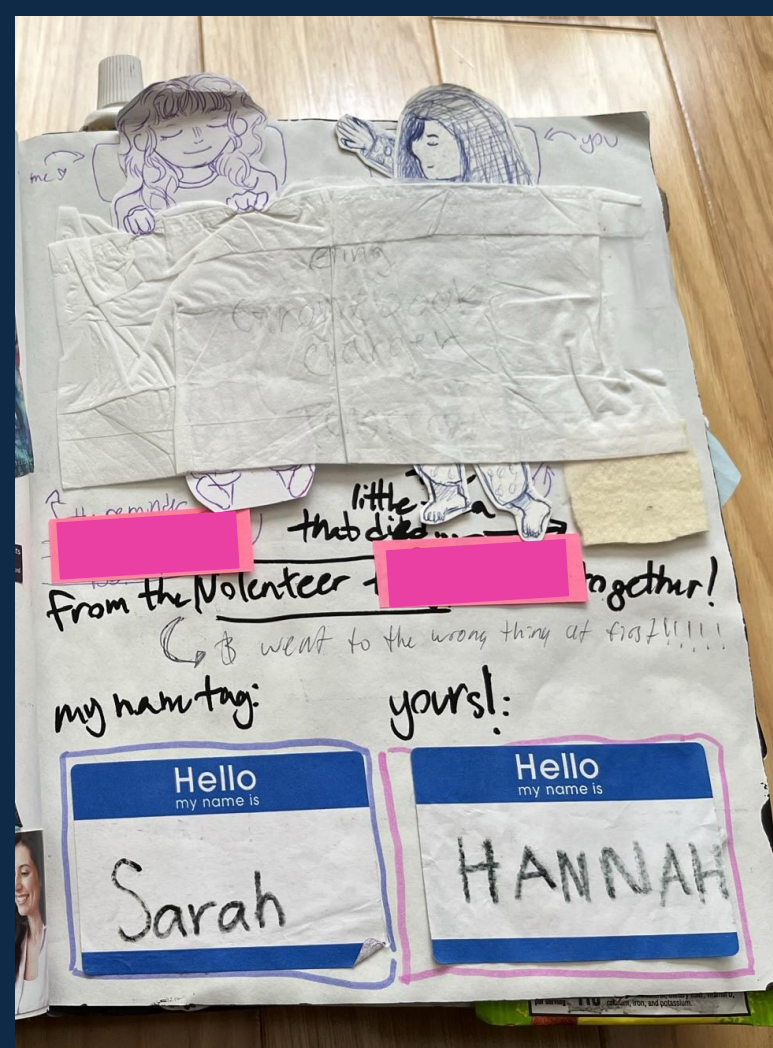


# About us

**Sarah:** I love painting, drawing, doodling, all the works, from traditional to digital that's my game. I ended up starting the junk journal with Hannah, (but between us I think she's been adding the most by now!) and I love every part of that journal. I love most of all making absolutely gigantic pages that make the book almost impossible to close! I think I try to be as messy as possible at times, or carefree, since I know this book is between Hannah and me. Anyway, some of my favorite pages are the music/playlist pages, the ice cream spread, and the very very first page ;))

**Hannah:** I've always liked to collect (hoard) little things. I still have a tag from a pajama set that was too pretty to throw away! I love taking my accumulation of junk and put something together! This journal has not only given me a place to put things I've been saving, but also generally a place where I feel comfortable to experiment with art. I always look forward to seeing what Sarah adds, even if it does end up making the journal harder to close every time....

**OK US!**  
Our Journal helps us stay connected to our OK selves mainly through general artistic expression, but it has also helped us relieve some environmental sustainability stress. I (Hannah) tend to hold on to things not only because they are pretty, but I've become more aware of how much stuff I throw away and yes, it may be a small wrapper, but a little can go a long way. So this journal has helped me immensely with not only my growing collection of junk, but it has also seem to lift a weight off my shoulders so that I'm not keeping "trash" without reason, there is purpose. And plus, it's just fun! Especially when we get to share our memories with each other. This journal has also helped in relieving the stress of utmost perfection in art, it is a place where we can experiment and play around, also helping in being more confident in our art, it's just a giant play area for the both of us! It has also helped us feel so much more connected to each other in that we working together to create and fill this journal with some of our best memories.



# Materials

The basics:

- Any type of bound book (Notebook, sketchbook, journal)
- Any writing tool (Pen, pencil, marker, etc)
- Scissors
- Glue/tape/washi tape
- Paint
- Junk! (see below!) You really don't need a lot! A single magazine you can cut up can go a long way!

The "Junk":

General rule: Anything that you can stick in the journal without damaging it or making a mess (or attract unwanted insects (ants)!

Almost anything! There is a list of just a couple things in our journal:

- Wrappers (Candy, packaging, anything!)
- Stickers from packaging
- Magazine/newspaper
- Sticky Notes
- Origami
- Old dried Tea Bags
- Clothing tags
- Receipts
- Paint swatches
- Postcards
- Bookmarks
- Photos
- Business cards
- Brochures
- Maps
- Tea bag packaging
- Old CDs
- Wrapping paper
- Pressed Flowers
- Fabric



A small part of my collection of junk! As you can see, lots of wrappers as well as some receipts, ribbon, and little things of the such!

# Step 1. Intro Page

An intro is optional, but since we were sharing this journal, we made some VERY LOOSE, rules:

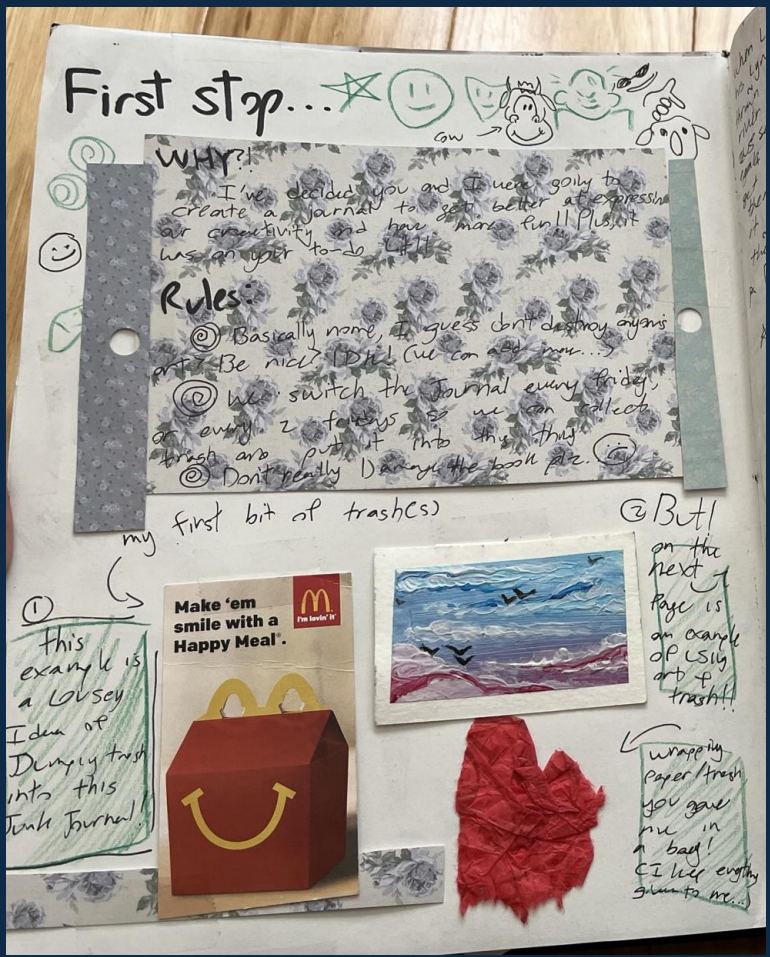
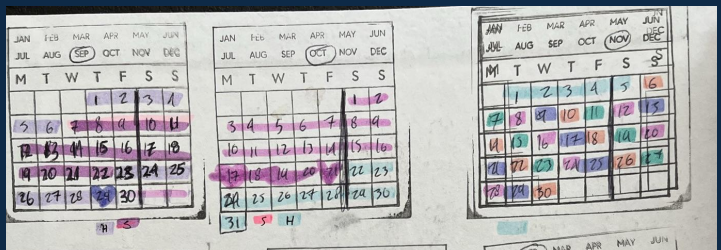
1. Don't destroy anyone else's work
2. Be nice
3. Don't destroy the journal
4. Have fun!

We also added a calendar to see who had the journal when!

Don't worry too much about making your journal pages pretty! It is a "junk" journal after all, a place to just toss in whatever! This journal is about preserving and making memories!

Also do not worry about trying to cram or fill every page to the very brim. Sometimes, a little is just enough :D

There still so much room for stuff, so no need to go overboard on all pages. The worst that can happen is if you'd run out of pages and start another beautiful junk journal :)



# Step 2. Go wild (collaging process)

This is my own process of collaging, but it's all pretty loose and can go in whatever direction you want!

1. I start by going through everything I have or things that I've been collecting over time and waiting until I have enough to use (Like things of a specific color, specific types of candy wrappers, etc). Laying everything out and seeing what you have ve helpful as well!
2. I Then picking out things that might go together or in general some things I want to use.
3. Then, I just arrange them on a page in a way that I like. This might take time and a lot of moving things around! Keep on adding things, removing things, rotating, moving, ripping, folding, and whatnot until you find an arrangement that you really like! (Optional: Sometimes I leave space between some items so I have room to write. See step 5 :D)
4. Glue it all down! I like to take a picture of my arrangement so I can see where everything was! I use a glue stick or wet glue for most paper like items. Hot glue or a glue runner on plastic-like or smoother items. Tape, especially double sided tape, always comes in handy if neither work!
5. (Optional) Sometimes, I like to write about the items I put down, like if i have a candy wrapper, and it was from a memorable event, I might jot that down. Some tickets I won from an arcade with my friends? Write about that day and put in the date! Keep those memories! You can also add in little drawings and doodles in those spaces instead of writing, You can put in anything!
6. Enjoy your collage!

**The following (many) pages are just simply for inspiration as well as showcasing how some of the materials listed can be used. The process of making those pages is generally the same as this!**

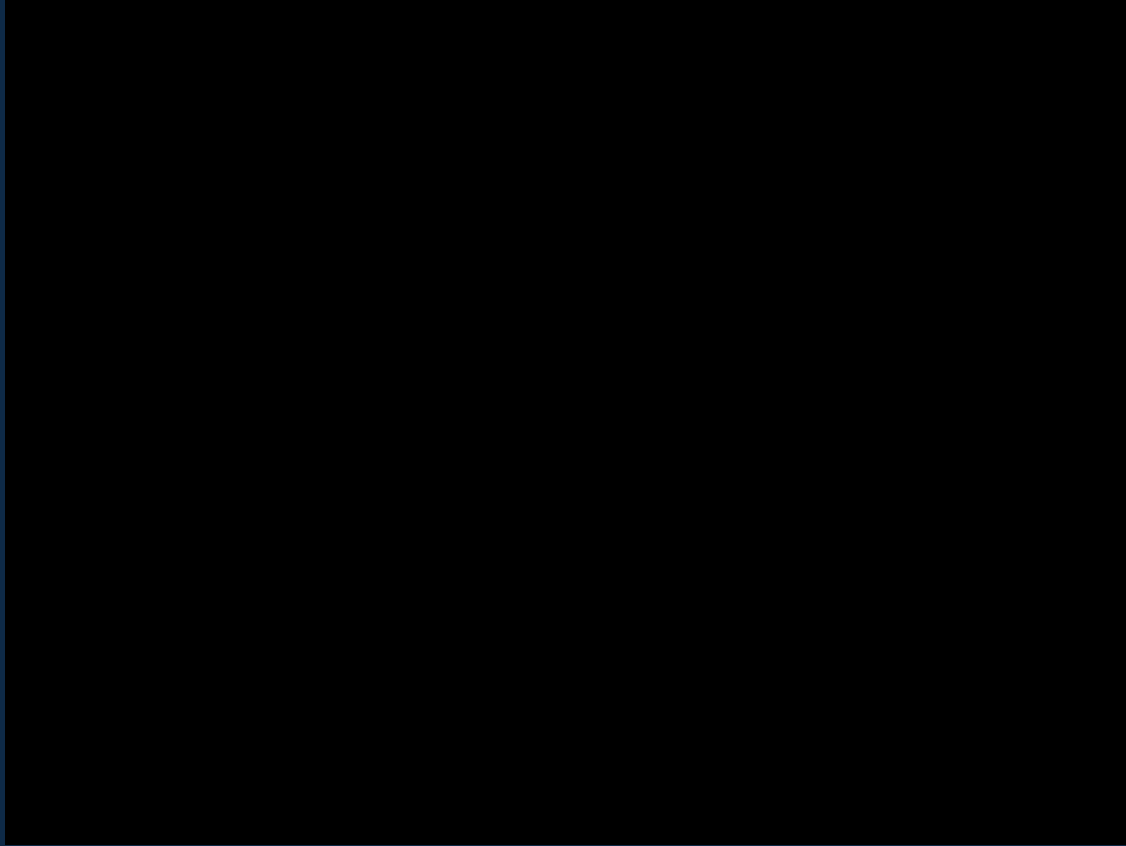


< Arranging and gluing down

Adding writing v



# Collaging Short Video tutorial (Quite broad and simple)



# Candy Wrappers



Super easy, super, fun, super simple!  
Simply collect some candy wrappers and  
paste em down!

On the left is page made up of halloween  
candy wrappers. On the right are just some  
wrappers I though had a valentines day  
vibe about them :3

**IMPORTANT:** PLEASE make sure that the  
wrappers are CLEAN, and that you do  
CLEAN THEM before you put them in your  
journal! We had a case where we had some  
ants in our journal for a little bit due to  
wrappers not being clean enough.... Is his  
mainly important to any candies like  
snickers that have caramel which can stick  
to the wrappers as well as any food  
wrappers (ex. cookies) that can have small  
crumbs in them!.



# Color Themed Pages/Collages



Probably one of my favorite sections in the journal!

Pretty straight forward, just put in things of the same color on a page! Might want to make it two pages since our color pages got filled up pretty fast! Look closely at our color pages to get an idea of all the things you can use in your journal!

Here is the gif in video form so you can pause to look at the pages:

<https://drive.google.com/file/d/1zkNs0IZmMPpQCBIUvkRtb4ZIdo8Lb3bq/view?usp=sharing>

You do not have to have a lot of same colored junk to start! **See the next page!**

# Remember, you can take your time!

Although a lot of our colored pages look “full,” it did not start that way, so do not think that you HAVE to have A BUNCH of junk to start!! For example, this LOGOS page was my first ever page in the journal, and I still have not finished it, even though we’ve been working on this journal for almost a year now.

Our brown and pink color pages also have seen little progress! It starts off pretty slowly and you just add in things OVER TIME! Plus, none of our color pages are “done,” we are always adding to them!



# Themed Pages/Collages



Similar to the colored pages, gather junk that all have a sort of overarching theme or something in common! Allergy related items (allergy medicine boxes, tissues, flowers, etc)? Clothing related (clothes tags, bar codes, scraps of fabric, thread, etc)? Art related (old paintbrushes, dry markers, eraser wrappers, paint wrappers, empty paint tubes)? Turn it into an awesome collage or before throwing them out!

Here we have my peppermint page with peppermint candy wrappers, peppermint tea, candy canes, etc. Next to it is a list of peppermint things I want to try (If you haven't guessed, I love peppermint!)

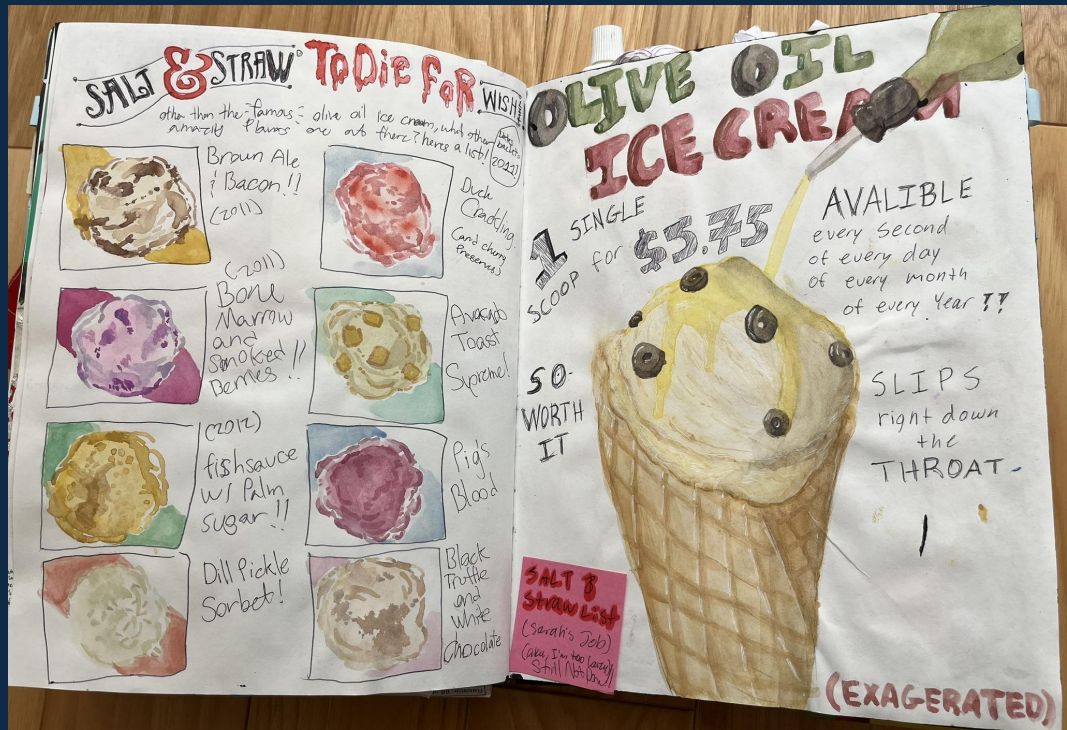
To the right is our oral care page with numerous things from an empty tube of toothpaste, toothpaste boxes, packaging from floss, a floss pick, and all the funky stuff! Next to it is a little painting in relation to how both Sarah and I have similar mouth related issues, aha....

# Foods you wanna try!

## LISTS!

Lists are always super fun to journal. See something in a newspaper or magazine that looks good? Cut it out and the picture in the journal! Start your own "I (or we) wanna try" list! Even a wishlist of items you want would be awesome to add into your journal!

Here, for our Salt & Straw list, we just painted, and you can too if you want!



# Ranking/rating things



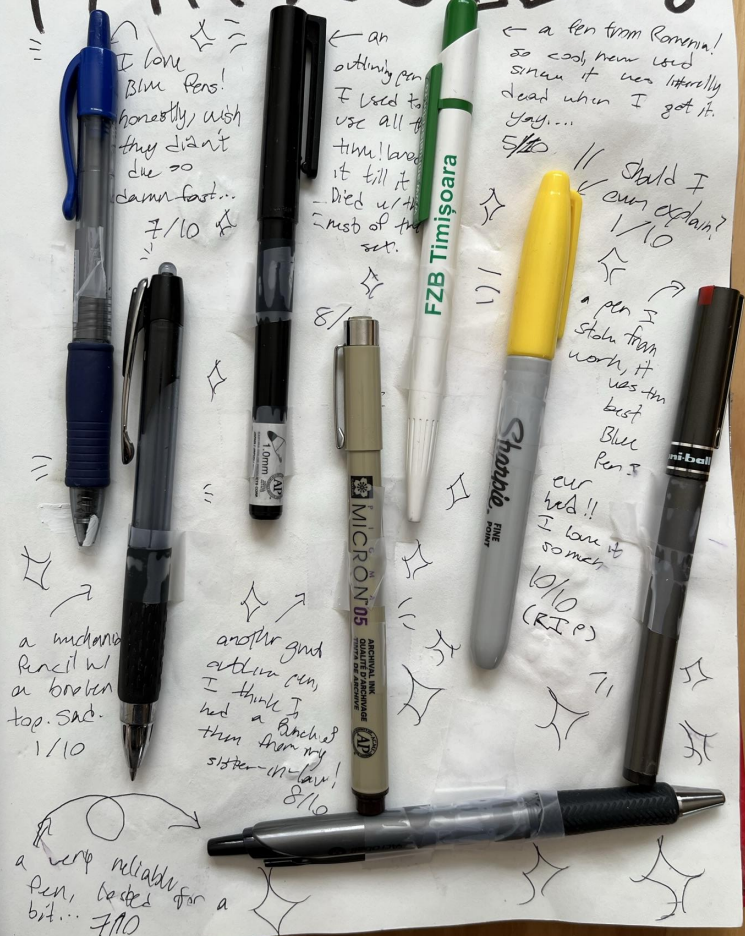
Similar to lists, try rating things! Here is my tea page where I rate every new tea I try out of 5 stars. Inside the tea packs is a little slip of paper explaining why I rated them the way I did

Here are a few ideas for you:

- Flavors of gum
- Ice Cream flavors
- Foods from restaurants (Hint: grab a little paper menu that you can take home if the restaurants have em!)
- Soup (use the soup labels!)
- Cookies (girl scout cookies!)

Very food based, but it can really be anything :)

# PART: ONE!



## PENS (literally.. anything)

In relation to ranking things, here is a page where (dead) PENS are tapped in and rated on how nice they were to use.

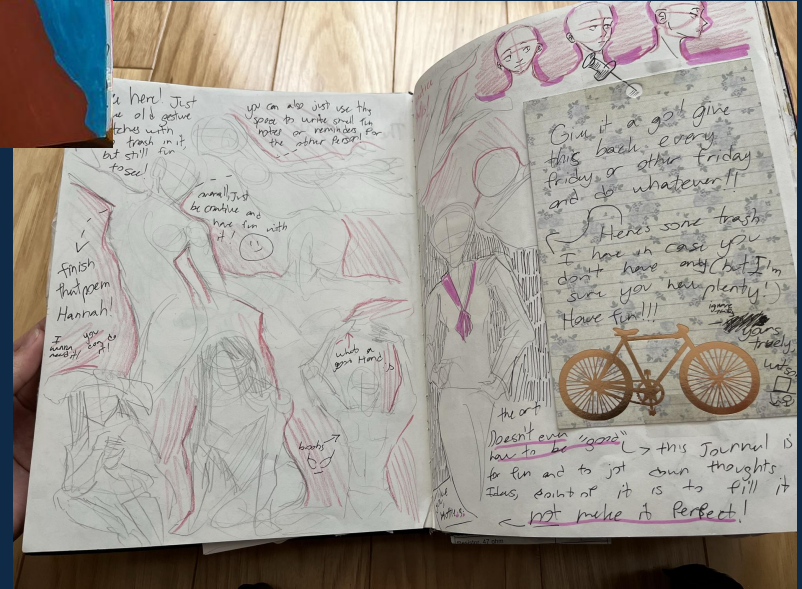
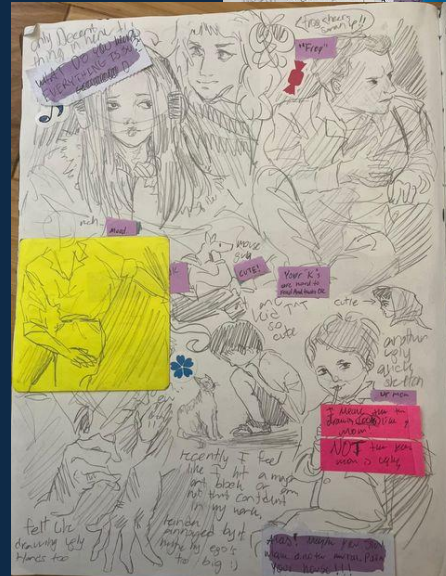
We're telling you, ANYTHING CAN BE IN YOUR JOURNAL!!!!

Also be aware that this page did make our journal harder to close (not a surprise)

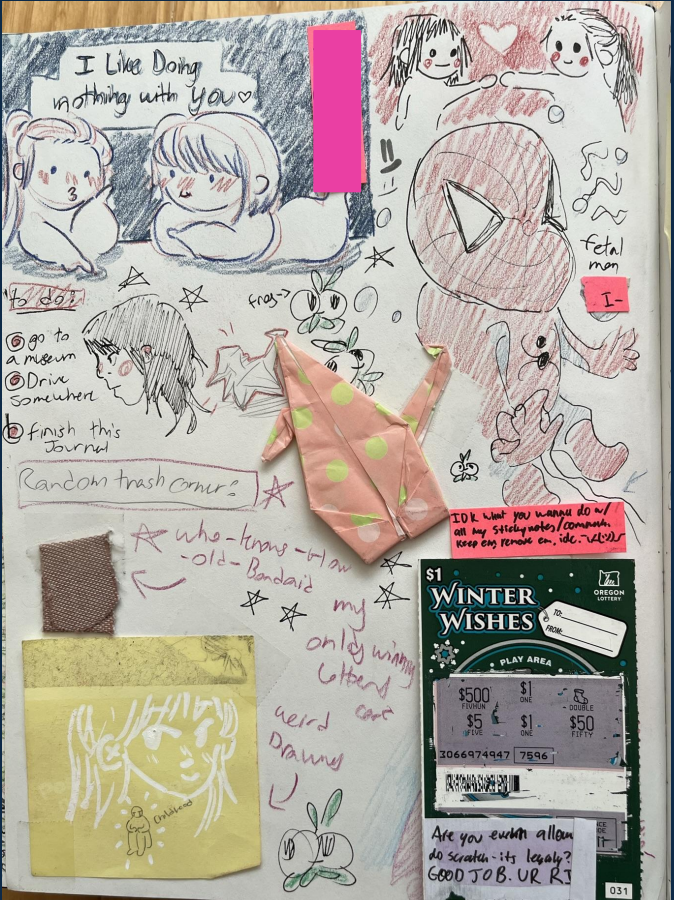
# Just draw!

Nothing like using your journal like a good ol' sketchbook. Draw, doodle, scribble, anything!

On the spread to the top right, we both gave each other a color and we had to use the color as the main focus of our drawings. We draw our drawings at the same time seated across from each other :)



# Draw AND add stuff!



Along with drawing, you can add in junk as well!

Simple as that!





# Happy page!

A simple page with some daily affirmations :)

Simple notes like "YOU ARE AMAZING" "YOU ARE LOVED" "YOU GOT THIS" along with images of things you love (especially animals!) can really make your day :))

You can just write things on a little piece of paper and paste it in! Save those sweet little notes your parents stick in your lunch box and put them in your journal!



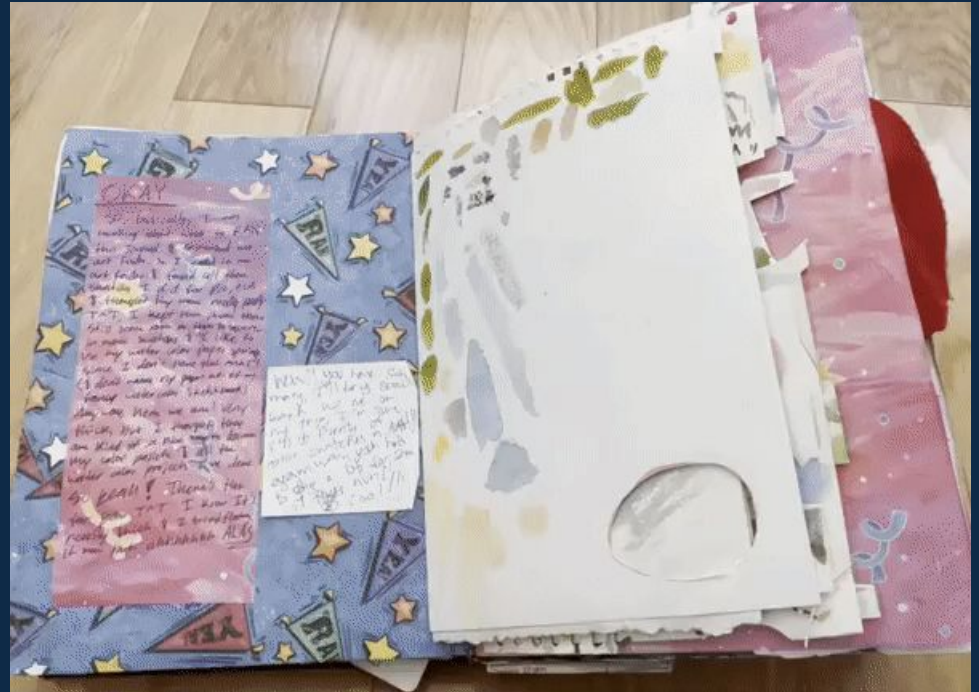
# WATER COLORS



# Paint Swatches

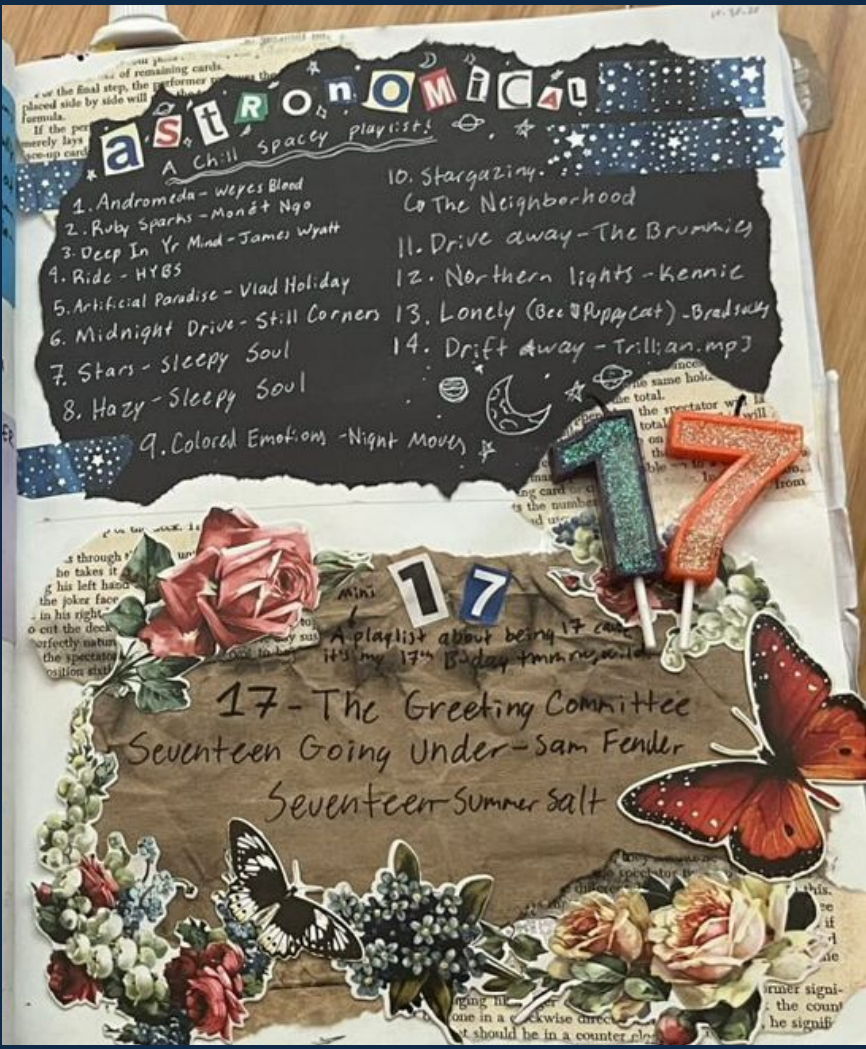
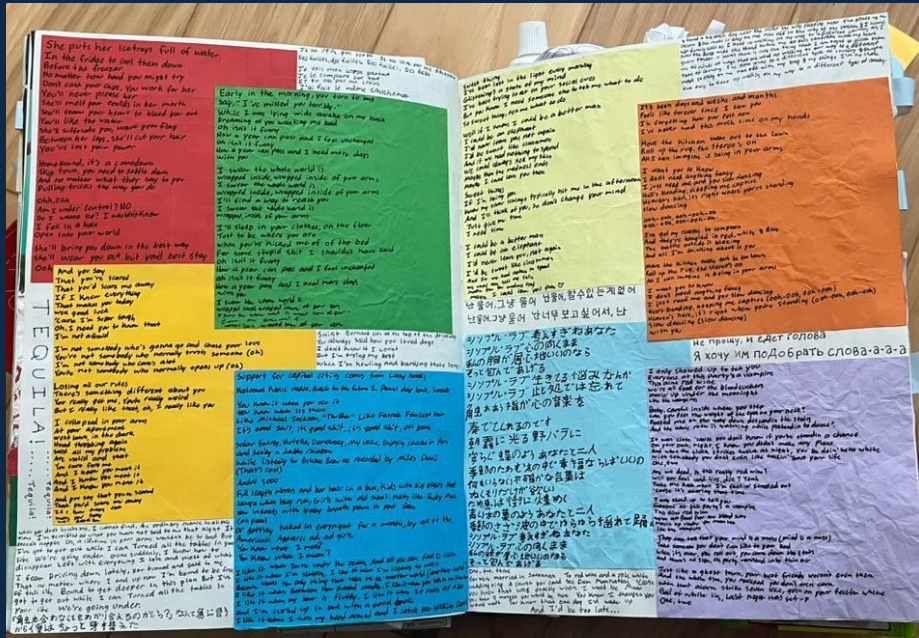
Hello artists! Do you also have pages just food of swatches from when you were making a piece? I did and now they're in the journal (below), a pretty fun page to look back at and see the color palettes of the pieces I made.

I also have used the journal to swatch some new paints I got (left).



# Song Lyrics/Playlist!

Music lovers! Another relatively simple page! All you have to do is just write down a playlist and/or some song lyrics. Below is a page just full of lyrics from about 16 different songs. To the right are 2 playlists I put together. A great way to share your music with your journal buddy if you have one!



- ASTRONOMICAL**  
A Chill spacey playlist!
1. Andromeda - Weyes Blood
  2. Ruby Sparks - Moné & Ngo
  3. Deep In Yr Mind - James Wyatt
  4. Ride - HYBS
  5. Artificial Paradise - Vlad Holiday
  6. Midnight Drive - Still Corners
  7. Stars - Sleepy Soul
  8. Hazy - Sleepy Soul
  9. Colored Emotions - Night Moves
  10. Stargazing - Co The Neighborhood
  11. Drive away - The Brummies
  12. Northern lights - Kennic
  13. Lonely (Bee & Puppacat) - Bradsky
  14. Drift away - Trill; an.mp3

- 17**
- A playlist about being 17  
it's my 17th Birthday tmr nuz
- 17 - The Greeting Committee
  - Seventeen Going Under - Sam Fender
  - Seventeen Summer salt

# Journal about shows!

Simple as the title!

I drew for my page about shows I like, but I'm sure that you can just go through a magazine or two and various other materials to find items that might relate to the show you want to journal about!

I could have used some ribbon, pressed flowers, soft pastel photos or stickers for my page instead of drawing.

You can also cut out words from newspapers or magazines to make a quote from your favorite show!



HANNAHAE'S  
(said)  
(but not for long)

# Disney

## MOVIES WATCH LIST

*Some of them seem new been sitting in my sister's box. Since I was like 7 or 8 years old...*

- Snow White and the Seven Dwarfs
- Pinocchio
- Dumbo
- Bambi
- Make Mine Music
- The Adventures of Ichabod and Mr. Toad
- Cinderella
- Alice in Wonderland
- Peter Pan
- Lady and the Tramp
- Sleeping Beauty
- One Hundred and One Dalmatians
- The Sword in the Stone
- The Jungle Book
- The Aristocats
- Robin Hood
- The Many Adventures of Winnie the Pooh
- The Rescuers
- The Fox and the Hound
- The Black Cauldron
- The Great Mouse Detective
- Oliver & Company
- The Little Mermaid
- DuckTales: Treasure of the Lost Lamp
- The Rescuers Down Under
- Beauty and the Beast
- Aladdin *(half in like 2nd grade)*
- The Lion King *(half... like last year...)*
- A Goofy Movie
- Pocahontas
- Toy Story
- The Hunchback of Notre Dame
- Hercules
- Mulan
- A Bug's Life
- Doug's 1st Movie
- Tarzan
- Toy Story 2
- The Tigger Movie
- The Emperor's New Groove
- Recess: School's Out
- Atlantis: The Lost Empire
- Monsters, Inc.
- Return to Never Land

- Lilo & Stitch
- Treasure Planet
- The Jungle Book 2
- Piglet's Big Movie
- Finding Nemo
- Brother Bear
- Teacher's Pet
- Home on the Range
- The Incredibles
- Pooh's Heffalump Movie
- Valiant
- Chicken Little
- The Wild
- Cars *(in 3rd grade but forgot cuz...*
- The Nightmare Before Christmas 3D TBC
- Meet the Robinsons
- Ratatouille
- WALL-E
- Roadside Romeo
- Bolt
- Up
- A Christmas Carol
- The Princess and the Frog
- Toy Story 3
- Tangled
- Mars Needs Moms
- Cars 2
- Winnie the Pooh
- Arjun: The Warrior Prince
- Brave
- Frankenweenie
- Wreck-It Ralph
- Monsters University
- Planes
- Frozen
- Planes: Fire & Rescue
- Big Hero 6 *was that half*
- Inside Out
- The Good Dinosaur
- Zootopia
- Finding Dory
- Moana
- Cars 3
- Coco



# Movies/shows/anything to watch list!

Lists! Again! Awesome things

You can print out a page of things you want to watch like we did but you can also just write them out with little check boxes which we also did on another page.

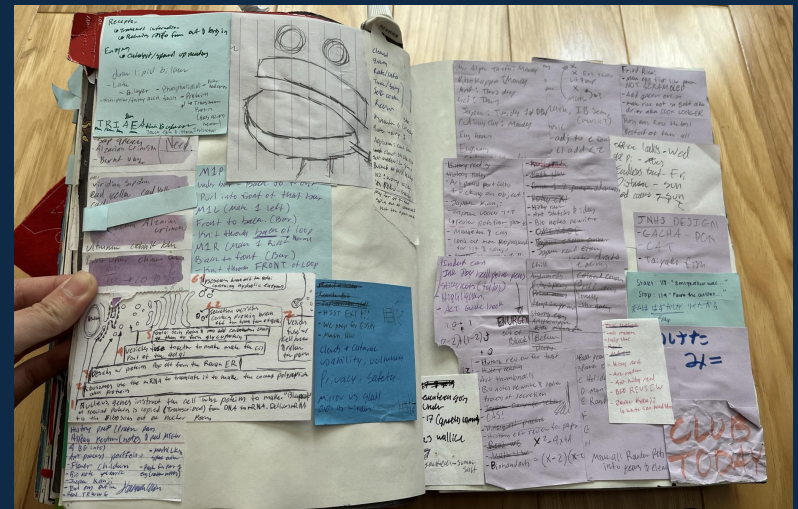
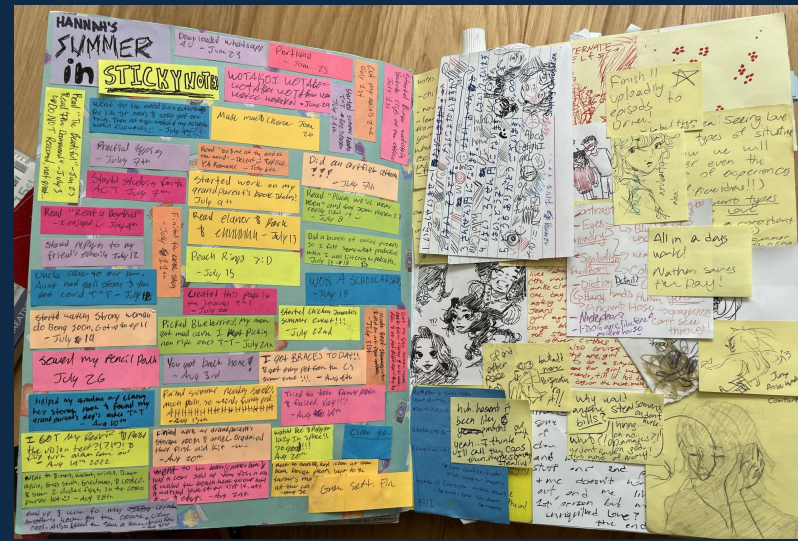
Super handy in case you get into a situation where you can't decide what to watch just check your list!

As always, stick in some stickers or junk!

# Sticky Notes!

Both of us, as students, use a bunch of sticky notes, for school, primarily, and we both ended up keeping a bunch of them, so we decided to just toss all of them in the journal!

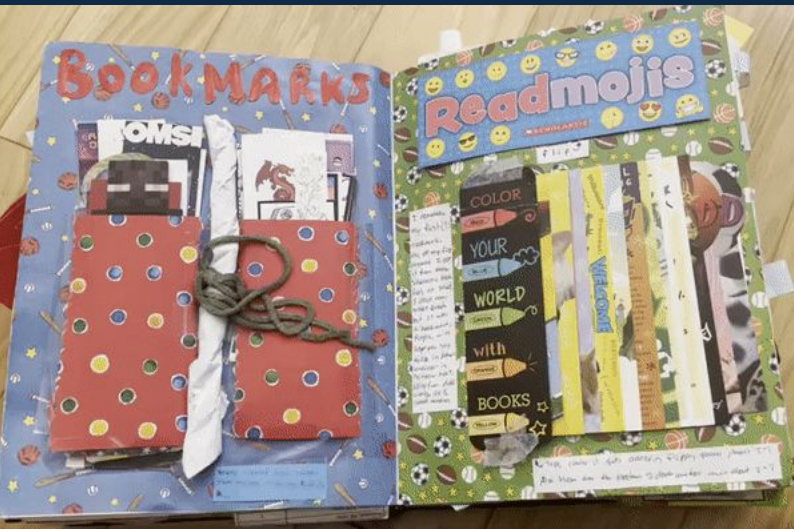
I enjoy looking at these pages and seeing how many assignments we did, all the crossed out assignments. It just makes me feel really accomplished :)



# Bookmark Collection

I had been collecting bookmarks for YEARS, and I used to just have them in a box. Then I decided to make this page where I can display my bookmarks!

I made 2 pouches for the bookmarks (just a piece of paper with 3 sides taped down and one open side) as well as some bookmarks tapped down on one side roughly on top of each other so I can just flip through them.



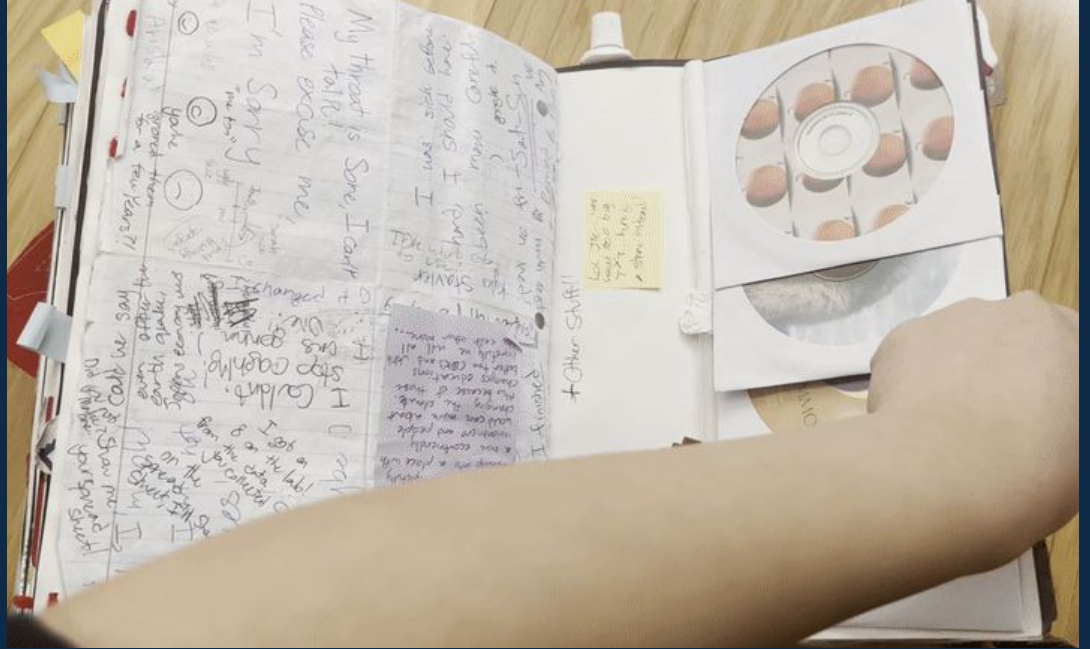


# Pop-up Page!

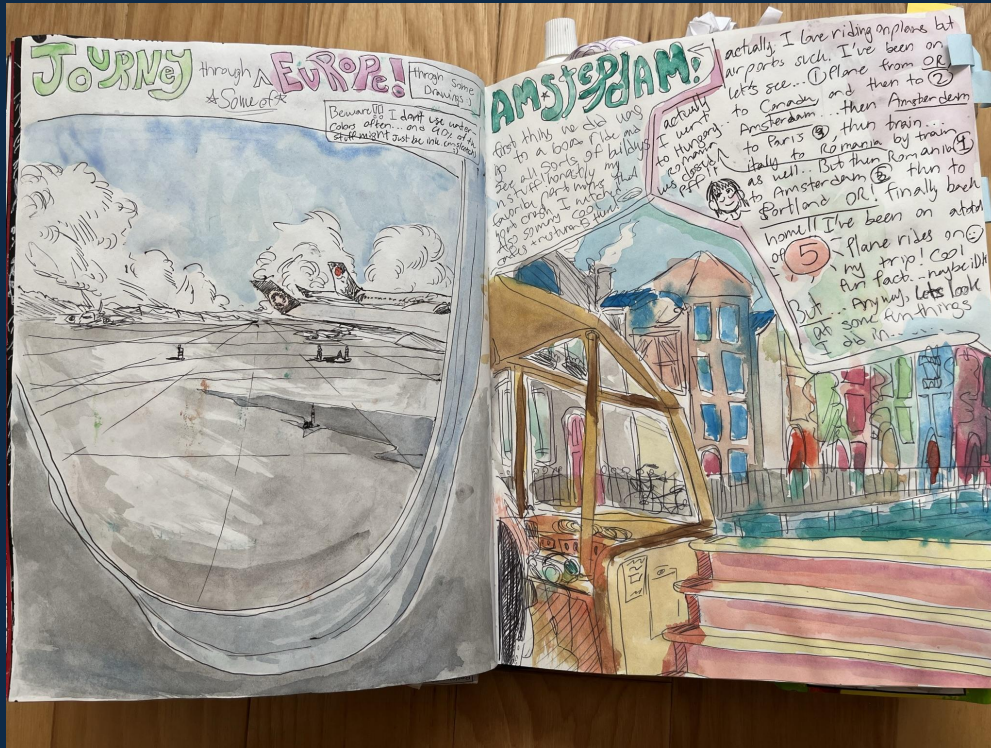
A pop-up page adds a nice little surprise and fun. Although beware, if your journal gets really thick (like ours), the pop up page, along with many other pages will be a bit harder to open/won't lay flat.

Here is a tutorial for the super simple cake pop-up:

<https://youtu.be/uZybTWSzAEc>



# Travel Documentation!



Travelers! Explorers! People who go outside! Here are our two ways we documented our vacations!

To the right is drawing/painting out your journey! Plus fun little note about your trip! Again, you can always add little pieces of junk from your journey with your drawings!

Below, is just compiling various items from your trip: Maps, brochures, business cards, adverts. And of course, you can always add little drawings in with your collage as well!

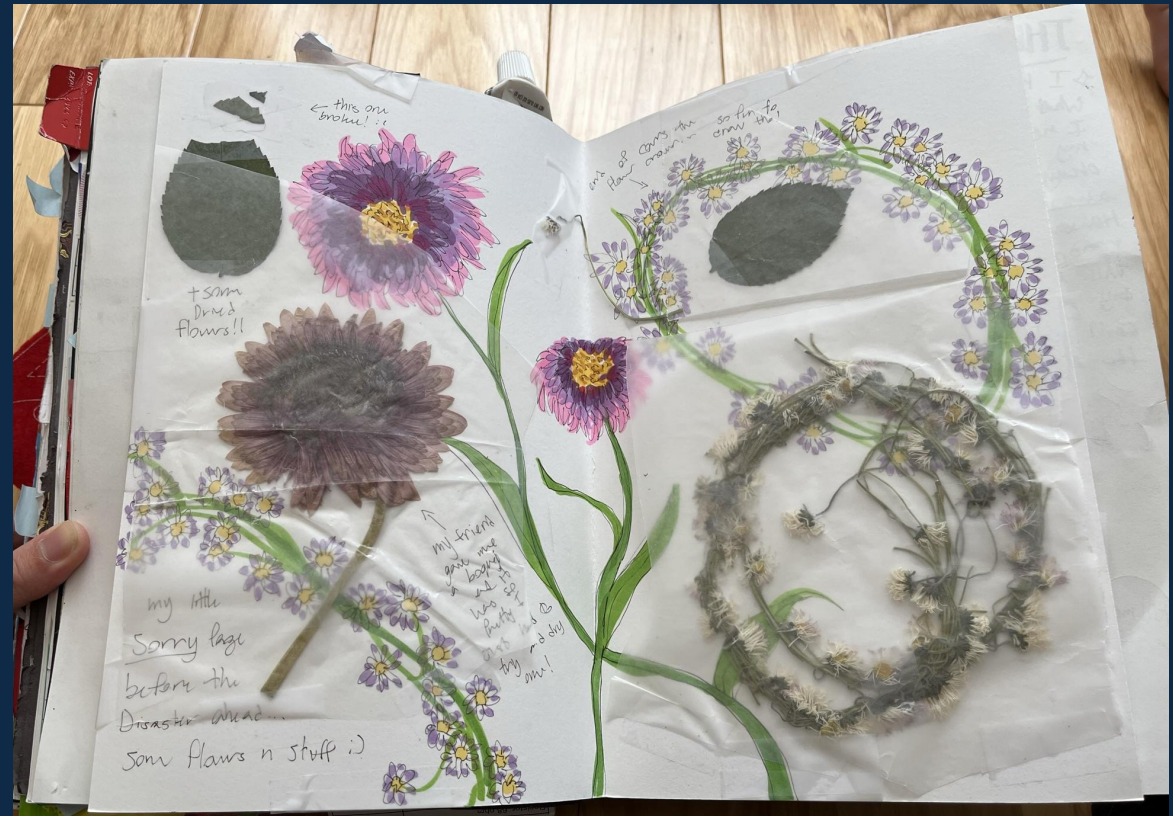


# Flowers!

Pressed flowers will always be a classic to put in journals!

There are many ways you can press flowers, from microwaving them to the classic pressing them in a book. Try to find a way that suits you!

We also recommend adding a sort of carving or barrier to your pressed flowers in your journal as they are very delicate. We used vellum paper to cover essentially the entire page. You can also put your pressed flower(s) in a plastic baggie and display them that way!



# Fabric!

Here is how we used fabric in our journal, combined with cut outs from magazines, art we made, and some written notes!





# Gifts for journaling buddie(s)

If you're journaling with a buddy, you can leave them small little gifts in the journal for them to find the next time you rotate who has the journal! On the rare occasion that we do include a little gift, we just stick it in an envelope and then stick it in the journal! Our gifts included small things such as stickers, little notes, a pin, tea, paper cut outs, small simple things of the like! Nothing too big :)

