

HOW TO MAKE A CEREAL BOX JOURNAL

YOU WILL NEED ...

- an empty cereal box
- scrap paper for journal pages
- paints & paintbrushes OR coloured pens
- a glue stick
- scissors (ask an adult!)
- stapler (ask an adult!)
- coloured electrical or other sticky tape
- stickers and other paper
- treasures to decorate your journal



HOW TO MAKE IT ...

1. Cut a rectangle of cardboard from your cereal box.
2. Cover the printed side of the cardboard with a plain sheet of paper to make it easier to decorate. It can be white or coloured paper. Use a glue stick to secure in place.
3. Fold the covered cardboard in half to form a book.
4. Paint or colour or draw on your journal cover. Have fun!
5. Next, cut your journal pages to size. They should be the same size as the cover and fit neatly inside it.
6. Staple your pages in place along the spine of your journal. Ask an adult to help. Use a length of coloured tape to conceal the staples. Trim the tape neatly. Trim the page edges neatly too.
7. Add stickers and other decoration to your journal cover and pages.
8. Get writing! (Or make another journal for a friend!)

some journal prompts to try ...

my favourite animal
things I love
the best day ever
what's under my bed

my best breakfast
green things I like
places I have been
amazing people ...

three good things
i am good at ...
my dream pet
books I love