

FOLIO FOUNDATION

All dimensions are in inches.

>COVERS

Use the book artistry method to craft the covers:

2 - 6x8 chipboard covers

1 - ½ x 8 chipboard spine

2 - 4 x 8 pieces pattern paper or cardstock for binding

4 6x8 pattern paper or cardstock

Lay chipboard pieces on a gridded workspace mat so that they line up in a row like an open book: Cover 1, then the spine, then Cover 2 with ¼ inch between the pieces.

Adhere 4 ½ inch paper to the inside of the spine and to the inside binding with ¼ inch double sided adhesive.

Using a bone folder gently score inside the ¼ inch space to provide the ability for the binding to fold.

Flip chipboard over and repeat steps to adhere binding on the outside of the book just as done to the inside of the book.

>INSIDE COVER

As outlined in the class, we will be adding in an inside cover of pockets.

Trim pattern paper of choice to these dimensions:

1 - 6 x 3

2 - 6 x 2 ½

1 - 6 x 2

Starting at the top with the 6x2 piece, adhere to the top edge.

At 1 ¾ inches from top, adhere one of the 6 x 2 ½ with adhesive only on the two short ends.

Repeat above only adhere at the 3 inch mark.

Repeat above with the last piece adhering to the very bottom edge of the inside of the cover.



GRATITUDE JOURNAL HOME

>COVER

Using a piece of 8 ½ x 11 plain cardstock (I am using white), fold paper in half so that it is 5 ½ by 8 ½ .

Trim the 8 ½ to 7 ¾

Adhere pattern paper to the front of the cover.

Inside front: add additional pattern paper or ink or leave plain.

This is the cover of the gratitude journal.

>INSIDE PAGES

Print 4-5 of the weekly gratitude journal pages.

Fold page in half longwise.

Trim ½ in off the long unfolded edge.

Trim ½ in off the bottom short edge.

Trim ¼ in off the top short edge.

Collect the 4-5 pages and then adhere using the 'back to back' binding method.

Adhere the very last page to the back of the cover cardstock.

OR...keep adding pages if wanting more than a month in a journal at a time.

>BELLY BAND

Trim a piece of pattern paper 4 x 12

Then trim in half to have 2 pieces of 2 x 12

Wrap one band from the back of the book cover to the inside creating creases at the top and the bottom

Use the second 2 x 12 in piece to determine what size needed to finish the band

Trim second paper to size

Secure with adhesive making sure the band is as snug as it can be

Slide journal inside band

NOTE: if using the lined journal pages for your insert, trim the same as the weekly journal pages as described above



INSERTING THE MIDDLE

>BINDING

There is more than one way to add in binding for the middle inserts.

One way is to simply use twine that is thread in the middle and tie in the insert.

The way shown for this class will utilize an elastic cord.

-Customized Cord

Measure elastic cord out to about 24 inches

On a craft mat, spray cord with Distress Spray Stain in desired color (using Rusty Hinge for this project.

(As an option put the cord in a plastic bag, spray Stain in the bag, move around with fingers on the outside to avoid coloring hands)

Allow to dry or dry with a heat tool (if not dry it will leave stain on fingers and paper)

>ADDING BINDING TO SPINE

Mark the top of the inside spine at $\frac{1}{4}$ in all the way across the spine

Repeat at the bottom edge of spine

Make a mark at the middle top and the middle bottom and punch a hole

Set an eyelet in place if desired

Thread dried elastic cord from the outside of the spine to the inside and tie in a not so it is snug inside the book

Middle Inserts will now slip under the elastic cord

Add additional holes in front of the center and behind if desired



INSERTING THE MIDDLE CON'T

>CREATE INSERT PAGES

Gather papers for the cover, a couple of papers for the inside, Mixed Media paper + page protector if desired

Cover:

Trim paper to 7 ¼ tall and 11 ½ inches wide.

Score on long edge at 5 ¾

Move paper over ¼ in to score at 6 inch

Fold along scores and set aside

Page 1

Trim paper to 7 ¼ tall and 11 wide

Fold in half or score at 5 ½

Slip inside cover

Page 2, 3:

Repeat page 1

Add in the pocket page

Then the vellum page

Adhere Mixed Media paper to the cut away sides of pattern paper

NOTE: you may want to wait to do this until after the Mixed Media portion of the class.



PROJECT POCKET

> Ink Palette

Before we begin the embellishing portion of the class let's get a little inky with it.

- First, swatching. An informative way to engage with possible ink colors and matching hues.

Lay Mixed Media paper on surface.

Punch a large circle out of cardstock.

Use circle as a template for swatching inks.

Ink blend colors on Mixed Media paper to use as a guide.

>Ink Palette At Work

- Second. Inking and cutting leaves to add to the ephemera layering pieces.

Ink background paper for a base.

Place background in stamp platform

Ink stamps and stamp background until desired coloration

Fussy cut leaves. Set aside.

>Pocketing the Pieces

- 1.Layer cut away cards and ephemera + inked leaf and tuck into a pocket.
- 2.Layer solid, pattern, frame, ticket, leaves, and additional ephemera to craft a collage frame.
- 3.Cut away a tag from the pattern paper. Gather ephemera, word sentiments, leaf cuts or die cuts and staple together to create a clustering that still allows the card to tuck in that we will call a tag cluster.



MAKE IT MIXED MEDIA ART PAGES

>Background

Using Mixed Media paper

Add a layer of sprayed water spritzes

Spray a mix of Distress Stains Distress Oxide Spray on on 6x8 sheet

In order the layers on paper 1 are:

Distress Stain Spray Antique Linen

Distress Oxide Antique Linen

Distress Oxide Spiced Marmalade

Distress Stain Spray Rusty Hinge

Distress Stain Spray Forest Moss

Add more water spritzes if desired

Move ink around as desired

Mono print:

Gently layer a stencil into ink

'Stamp' stencil on to second piece of 6x8 Mixed Media paper

Mono print a card front of Mixed Media paper over paper 1 if desired.

Turn back over and add more water if desired

Allow to dry

Mono print a second card front over paper 2 if desired

Spritz with water if desired and allow to dry

>Paper 1

Spritz Spiced Marmalade through stencil at top left and lower right

Mono print stencil over second card front

Dry or allow all papers to dry

Start with Mixed Media paper

Add in ink, stenciling, stamping and layered clustered embellishment

Stamp leaf assortment up left side of paper

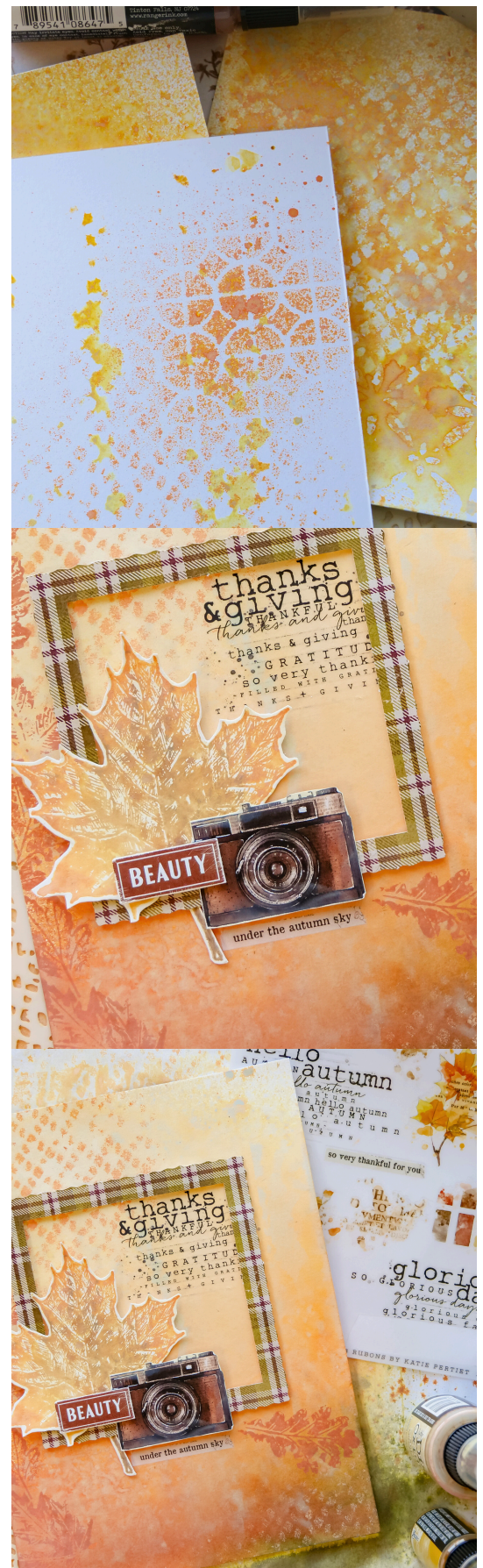
Configure where frame will adhere, mark for rub on placement

Add rub ons. Adhere frame

Layer large previously made leaf to frame

Prepare camera sticker and sentiment and adhere

Add additional rub ons if needed



MAKE IT MIXED MEDIA ART PAGES CON'T

>Paper 2

Trimmed down to fit insert already

Ink edges

Add a bit more stenciling

Add rub ons to the top left edge

Create a vellum pocket and adhere to bottom right edge...make wide enough to fit cut away

Use stickers to 'adhere'

Tuck in pre made leaf, cut away journal card, tag

Create embellished cluster on and around pocket

Add word sentiments



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GRATEFUL TODAY | JOURNAL & FOLIO

WRAPPING IT ALL UP

*>Die cut several patterns of leaves from the Sprigs Dies

>Mini Book Insert

Using a piece of scrap cut off paper, fold in half then score again at ¼ inch.

Place under the first cord

Trim a journal spot to fit inside

See video for how I used the sentiment in a customized fashion

Create closure



>Front Cover Page

Rub on text fade

Fussy cut butterfly from Golden Days paper

Pop up on faux label with adhesive foam



>Banner Cluster

Trim and v notch a banner from one of the inky background

On it layer: ephemera ticket, ephemera notched tag, trimmed tag plus die cut leaves.

Finish with a small sentiment.

Adhere to the top edge of the page



WRAPPING IT ALL UP CON'T

>Tied Tag Layer

Cut out the tag that matches a tag on the paper.

Punch hole in tag on paper

Cluster and adhere sprigs on the cut out tag

Adhere sentiment

Tie tag to page



>Pocket Page Details

Add in photos. 2x2 cut aways.Tags. Stickers back by pattern paper. Ect. Just play!



>Art Page 1

Next page add in the art page over the cut away page



WRAPPING IT ALL UP CON'T

- ›Between Vellum Insert
- Add in more papers if desired
- Find scrap of paper
- Fold in half
- Take bite out of edge
- Staple definition cut away to edge

- ›Art Page 2
- Add Art Page 2 next to the Falling Leaves Page

