



Photo: Kai19 / shutterstock.com

Part travel log, part photo album and part artist's sketch book - a handmade, recycled journal is a wonderful companion for your summer vacation. It is easy to make and no one else will have one just like yours!

WHAT YOU'LL NEED AND WHAT TO DO:

- **Select material for a cover** – a file folder, greeting card or pages from last year's calendar all work well. You can even use an old book cover for a retro look.
- **Find some paper for inside** – there are lots of choices for the inside pages. You can use computer printer paper that has been printed on one side, pages from a promotional scratch pad, or lined loose-leaf paper.
- **Consider how you will hold it together** – depending on how you'd like to bind your journal, you may need string, binder rings, a bulldog clip or duct tape. One easy way to bind your journal is to first lay your cover page down then stack the inside pages on top. Next fold the whole stack in half and use a piece of string 2.5 times the length of the journal to tie it together. A couple of bulldog clips along the spine also works well.
- **Customize your journal** – add optional pockets made out of Ziploc bags or brown paper bags or design a label for the outside with your name and where you are going.

BONUS: MAKE A SIT-UPON!

It can be handy to have a "sit-upon" when you are outside in nature using your journal. Just like it sounds – you sit on a sit upon (try saying that 5 times fast!) to keep you dry and comfortable when sitting on the damp ground. Make a portable sit-upon by repurposing a large plastic bag. Stuff the bag with padding (could be a folded newspaper, or an old towel folded into a square) now seal the edges with duct tape. You can even make a handle with the duct tape to carry it with you!

To Think About And Wonder:

Now you have your own custom journal to record your thoughts, nature observations and the favourite parts of your vacation!

The Exploration Club for Families... NatureKids BC helps children get outdoors to play, imagine and explore in nearby nature. Join a family nature club near you or become a free-range member. Find out more at: www.naturekidsbc.ca. If you are already a member you can use this activity as part of your Action Awards Quest!

