

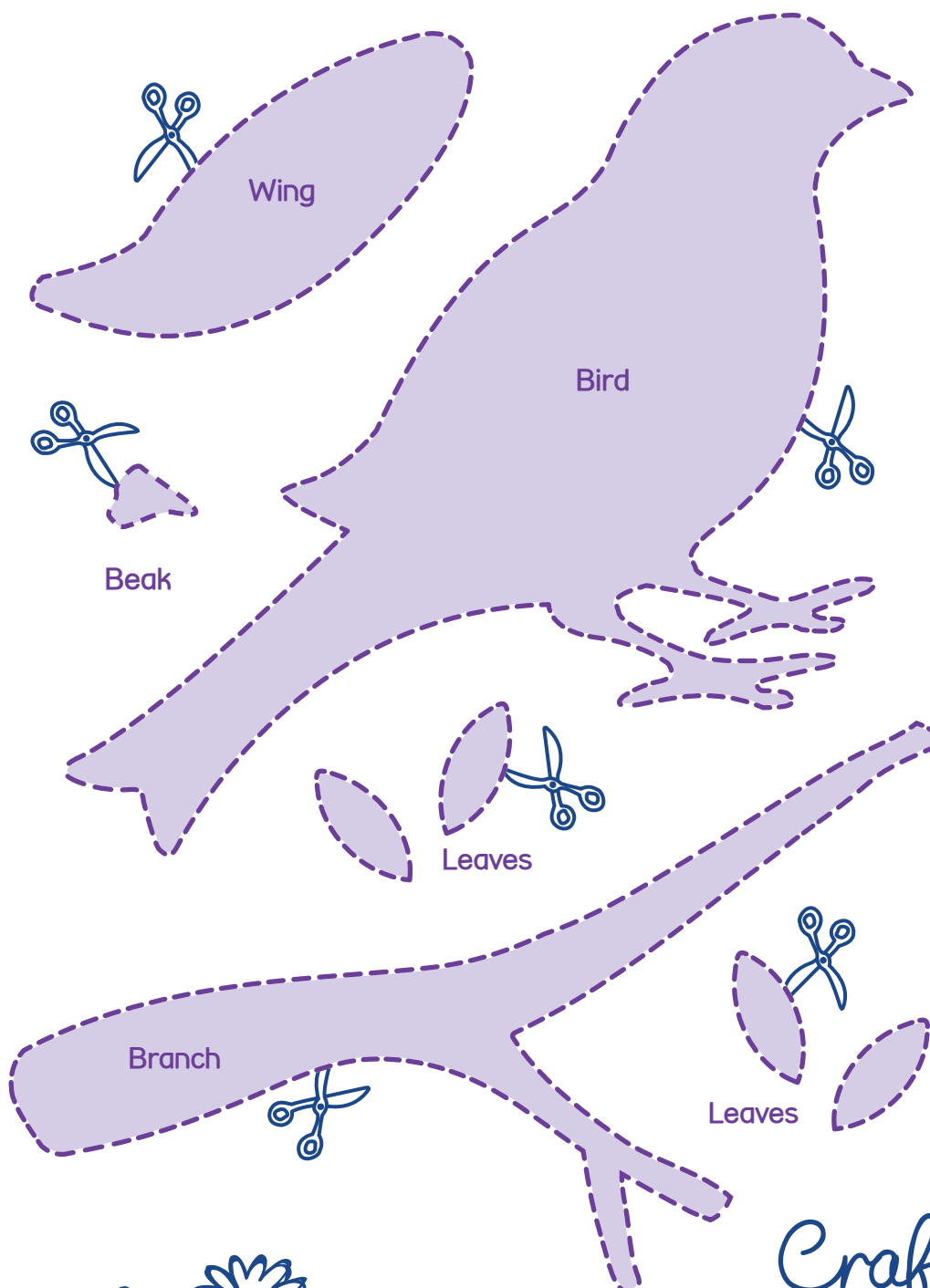
Difficulty rating



Length of time it will take: One hour

Beautiful Bird Collage Journal

Get organised and inspired with a DIY collage journal. Turn a plain notebook into a beautiful personalised journal to use for whatever you like.



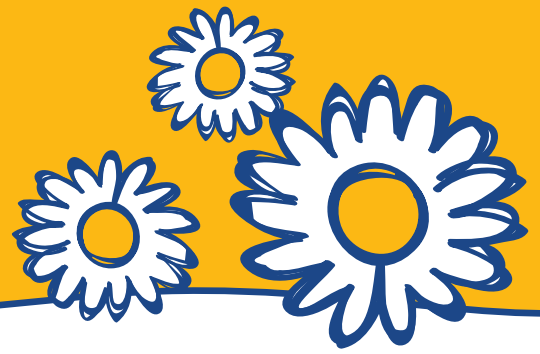
Crafty shopping list

- Plain journal or notebooks
- Coloured or patterned paper
- Scissors
- Runny glue like PVA or Modge Podge
- A glue spreader or brush
- Any sequins, beads or other embellishments you like
- See our suggested suppliers list online at mind.org.uk/craftcupboard

Crafternoon



How to make your Bird Collage Journal



1. Cut out all the templates on this sheet, the bird silhouette, beak, wing and branch and leaves.
2. Cut out the shapes using the coloured or patterned paper you've chosen.
3. Arrange the bird and branches on your journal, in whatever way you like, then stick them down.
5. Make the bird's eye using a bead or sequin, and add any other embellishments such as bows, hats, or more leaves for the branch.
6. Use our fake calligraphy guide to write on the journal, depending on what you're using it for.
7. Take a photograph of your bird journal and let us know by posting with the hashtag [#crafternoon](#) onto Twitter, or Facebook [@MindCharity](#).



Crafty variations

- Experiment with more birds and branches, as many as you like!
- Use these designs to make greetings cards too
- Instead of paper try cutting the bird shape out from scraps of fabric and sewing it on to the journal roughly instead.
- Check out Mind's Pinterest boards for more craftspiration: pinterest.co.uk/mindcharity

Thank you for taking part in Crafternoon. By fundraising at your Crafternoon you're making sure no one has to face a mental health problem alone.

If you have any feedback about your Crafternoon, we'd love to hear from you.
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