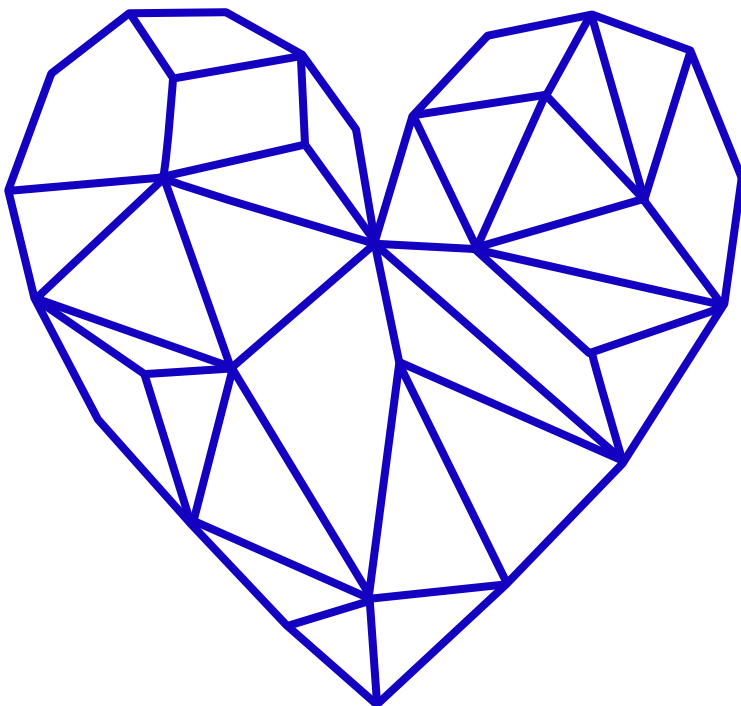
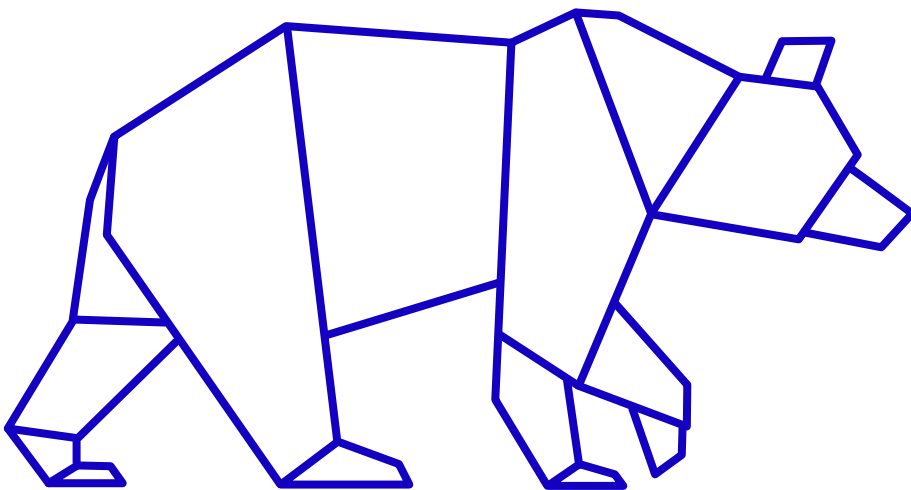


Sew together journal

Hand stitching a journal is cheap, easy and can turn a dull notebook into an embroidery masterpiece. Geometric patterns and animals are great to sew on covers. They look intricate and stylish but are beautifully simple because of their straight lines.

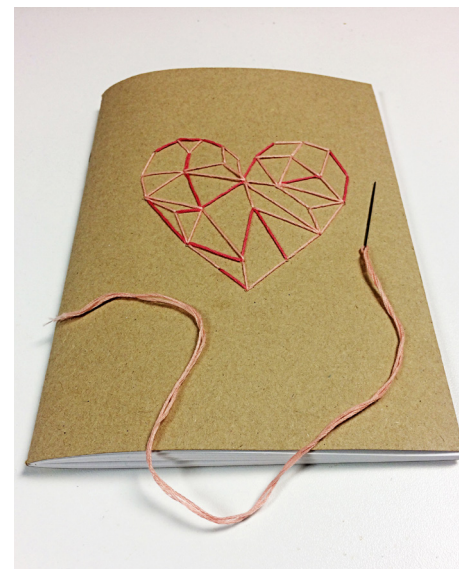


Difficulty rating: easy

Time to make: 1 hour

Crafty shopping list

- Journal with a soft cover
- Embroidery thread
- Sewing needle
- Drawing pin
- Cork mat, magazine or other mat which will protect your surface from being marked whilst punching your holes
- Blu-tack / masking tape to secure the image while punching your holes



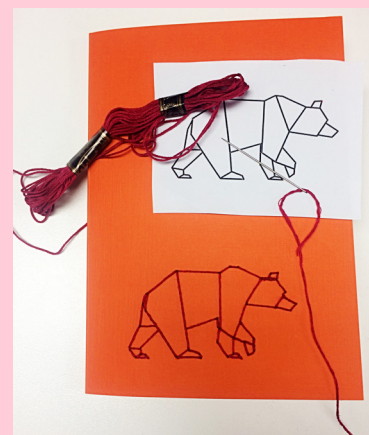
How to make your sew together journal

- 1 Choose and print your geometric animal or shape. For inspiration try typing 'geometric' followed by your chosen idea in Google or Pinterest.
- 2 Cut a box around your animal or shape, this will help you to keep the image straight.
- 3 Place your image on the front cover. Take your time to make sure your image lines up with the spine of the notebook, this will avoid any wonkiness.
- 4 Secure the image with blu-tac or masking tape.
- 5 Wherever the thread needs to be sewn, punch a hole carefully using a drawing pin. This will be at each point a line bends or 2 lines meet. Be sure to have a cork mat or lump of blue tac on the other side of the front cover when piercing the holes to avoid marking the table top.
- 6 Once you've poked through all the holes, remove the image.
- 7 Thread your needle with your embroidery thread. Ensure you have secured a tight knot at one end of your thread.
- 8 Using a backstitch start connecting the dots. Use the image to guide you.
- 9 Once complete secure with a knot on the backside again.
- 10 Admire your geometric journal! And decide what you'll be using it for.
- 11 Take a photograph of your journal and let us know by posting with the hashtag #craft4mind onto Twitter, Instagram or Facebook @MindCharity.

Crafty variations

If you are feeling adventurous you could try some of these ideas:

- It doesn't have to be geometric – experiment with different patterns or embroidery ideas!
- Choose what your journal is for and match that to your design. We love a gratitude journal with a geometric heart, or a travel journal with a city skyscraper, the possibilities are endless!



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