



How to Make a SCRAPBOOK by Dana Schubert Aftab

Things You Need:

1. An Empty Scrapbook (any size)
2. Patterned Paper (same size as your scrapbook)
3. Solid Color Cardstock Paper
4. Two-Sided Tape
5. Elmers Spray Glue or Glue Stick
6. Scissor
7. Ruler

* there are no limits: ribbon, stickers, felt, cork paper, bows, stamps, paint, magazine cut-outs, markers, etc.

Stores: AC MORE, Walmart, Target, Dollar Store, Michael's

Getting Started:

There are many ways to create a scrapbook. Scrapbooks are designed to store lasting memories that can be viewed by others and saved for a lifetime. The best thing about scrapbooking, is that there is no wrong way to make one! Here is a basic step-by-step way to create your own:

1. Choose the pictures that you wish to put in your book. They can be random pictures or they can be pictures taken over a period of time in which you want to put in chronological order. If you are printing pictures from a digital camera or CD, be sure to print them in all different sizes. (4x6 and smaller), both vertical and horizontal.
2. Create a theme. Themes can be anything. They are usually specific colors. When choosing your colors, you want to make sure they match or look good together. Themes can also be other things. Some common themes are new baby arrivals, seasons, weddings, holidays, birthdays, summer vacations, etc. However, if you choose a specific theme such as one of those, you want to be sure that you enough pictures to fill a scrapbook with. Don't forget that you put more than one picture on a page.

**In this case, some of the themes for the Upstate Girls workshop are:*

- growing up in the area (your neighborhood, your community, your school, your home)
- struggling with life
- family dynamics
- sexuality
- employment/ educational challenges
- young motherhood
- love?
- whatever is important to you

How do any of these themes relate to you?

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3. After you have chosen your theme begin playing with the colors and matching patterned paper with solids. It is best to use the patterned paper as the main piece. Use the patterned paper as the background. Measure the card-stock paper in all different sized squares and rectangles slightly bigger than the pictures you have. Do one page at a time for best results.

4. After everything is cut, place it on the patterned paper where you wish to put your pictures. **DO NOT GLUE ANYTHING YET.** Look at it and begin to think about designs. This is where the stickers and ribbon come in. Play with them and see where you'd like it to be. Maybe you want to use the scissor and cut squiggles along the edges of your pictures. If you don't have stickers and ribbon, you could cut out patterns from your paper. Ex: hearts, stars, words and phrases, letters, names, numbers, flowers, etc. Use your imagination. Like I said, there is no wrong way to design a scrapbook!

5. After you have set everything in place where you want it, begin glueing and taping. Two sided tape is the most effective product to use. It isn't messy and it holds well. Start by taping the square card-stock on first. Then put on the stickers and anything else you made for that page. The last thing you put on is the pictures. Place them in the center of the card-stock paper cutouts that you made. This will create a nice border for you pictures. You can even write above or below the pictures. Maybe you want to write down the date or a little something to make the memory more memorable!

6. When you have finished the page, look at it and add things if you want. If you are satisfied, then slip it into your scrapbook. If you used glue then you want to make sure it is completely dry before you put it in place.

7. Congratulations, you have finished your 1st page. Now you can begin your next page and repeat the process all over again. When designing your next page it is always best if it matches or goes good with the previous page. You can also be unique and use a variety of different colors as well and have absolutely nothing match. Whatever you like, do it!

Just remember, it's your scrapbook and it should be what you like! You'll probably notice that your last page will look far better than your first page. After doing it over and over again, you will get better and better. You'll get more ideas and have more fun when it becomes easier for you. Good Luck and have Fun!

