

Journal Instructions

The journals are very important as they are part of their therapy when they go into the shelters. We color coordinate all journals with our kits.

- Composition books work the best
- The corners have to be rounded.
- The ribbing does not have to be covered
- You can use scrapbook paper, quotes & paper elements
- Elmers purple glue stick works very well.
- Please cut the paper with a paper cutter not scissors so the lines are straight
- With a hole punch, punch a hole in the middle of the front cover and the middle of the back cover as shown.
- If you add a ribbon closure, you can include a pen that slides in the slot made by tying the ribbon
- We love creative designs with color and pattern coordinated

