

CADETTE BOOK ARTIST BADGE – MEETING 2

Badge Purpose: When you’ve earned this badge, you’ll know how to make different kinds of books.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
10 minutes	A Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Girl Zines <ul style="list-style-type: none"> Use the fold method to create your own zine. 	<input type="checkbox"/> Paper (8.5” x 11”, one sheet per girl) <input type="checkbox"/> Scissors <input type="checkbox"/> Coloring utensils
20 minutes	Microjournals <ul style="list-style-type: none"> Create a journal to jot down events of the day. 	<input type="checkbox"/> Handmade paper (from previous meeting) <input type="checkbox"/> 8.5” x 5½” paper (six to eight sheets per girl) <input type="checkbox"/> Embroidery thread <input type="checkbox"/> Needle <input type="checkbox"/> Pencil <input type="checkbox"/> Ruler <input type="checkbox"/> Awl <input type="checkbox"/> Binding instructions (at end of the activity plan)
15 minutes	Snack Chat <ul style="list-style-type: none"> Browse through a different type of “book artist” while enjoying a healthy snack. 	<input type="checkbox"/> Healthy snack <input type="checkbox"/> Phone or computer with internet access
20 minutes	Scroll Down <ul style="list-style-type: none"> Make an inspirational scroll necklace. 	<input type="checkbox"/> Wooden dowels (trimmed to 1½” to 2” pieces, one per girl) <input type="checkbox"/> Screw eyes (one per girl) <input type="checkbox"/> Long strip of paper 1¼” in height <input type="checkbox"/> Decorative cloth or leather (cut to same size as scroll paper) <input type="checkbox"/> Decorative string or strips of leather <input type="checkbox"/> Coloring utensils <input type="checkbox"/> Glue <input type="checkbox"/> Scissors



5 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster
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Getting Started

Time: 10 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Girl Zine

Time: 20 minutes

Badge Connection: Step 3 – Try out book artist techniques

Materials Needed: Paper; scissors; coloring utensils

1. Zines are fun, easy, and cheap to make. Zines (short for “fan magazine”) started out in the 1920s, but really gained popularity in the 1970s and 80s with the rise of punk rock and counterculture. In the early 1990s, the riot grrrl movement used zines to spread awareness about and support for women’s rights and equality; it also encouraged girls and young women to break into the punk music scene.
2. Use a simple folding technique to create your own zine.
 - Fold your sheet of paper in half, width-wise (aka hamburger style). Unfold it, then fold each side of the paper towards the middle, with the edge of the paper meeting the middle crease.
 - Unfold your paper; you should now see four equally-sized columns. Fold your paper in half again, length-wise (aka hotdog style). Unfold your paper; you should now see eight equally-sized rectangles.
 - Fold your paper in half, width-wise. Lay the paper in front of you so that the folded crease is on the right. Starting at the creased edge, use scissors to cut halfway into your paper (the length of one of the rectangles). This will make an opening in your paper.
 - Pick up your piece of paper and hold it with the creased edge up. You should now see a slit in the middle of your paper. Grasp the two ends of your paper and push both ends towards the middle (where the opening is); the pages should fold together into a booklet.
 - For a picture tutorial: bit.ly/howtoDIYzine
3. Decorate your zine!

Activity #2: Microjournals

Time: 20 minutes

Badge Connection: Step 4 – Focus on function

Materials Needed: Handmade paper (from previous meeting); 8.5” x 5½” paper (six to eight sheets per girl); embroidery thread; needle; pencil; ruler; awl; binding instructions

Prep Needed:

- Print out binding instructions (at end of the activity plan).
1. Journals are great, but sometimes it can be hard to carve out enough time to write in one. Enter microjournaling: every day, write a bullet point list of what happened that day. It’s a quick and easy way to reflect on what happened that day. It’ll be fun to look back at these journals in the future and remember these details of your life.
 2. Make a microjournal:
 - Use your ruler and pencil to measure where to place your four holes; they should be equally spaced out. The first hole should be at least 1/8” from the edge of the spine (where you’ll bind the book) and 1/2” from the edge of the paper.



- After you've marked your four holes on the cover, line up the other pages in your book (including the back cover). Make sure all your pages are flush with each other, then clip everything together with a binder clip. Carefully use the awl to poke holes through the four marks.
- Thread a needle with the embroidery thread and following the sewing instructions to bind your book together.

Activity #3: Snack Chat

Time: 15 minutes

Badge Connection: Questions connect to multiple badge steps

Materials Needed: Healthy snack; phone or computer with internet access

1. While enjoying a healthy snack, examine some works of art created with books (bit.ly/bookartists1 and bit.ly/bookartists2). Discuss:
 - These artists are book artists, but in a different sense; they're using books as their primary medium. After viewing the slideshow, what surprised you about the works of art?
 - Which one did you like the best? Why?

Activity #4: Scroll Down

Time: 20 minutes

Badge Connection: Step 5 – Focus on style

Materials Needed: Wooden dowels (trimmed to 1½" to 2" pieces, one per girl); screw eyes (one per girl); long strip of paper 1¼" in height); decorative cloth or leather (cut to same size as scroll paper); decorative string or strips of leather; coloring utensils; glue; scissors

1. Before books were developed, scrolls were the primary way that people kept records. Much like the earliest books, scrolls were often very ornate and considered to be beautiful works of art.
2. For this activity, make a scroll necklace and decorate it with an inspirational quote or image.
 - Screw the eye screw into one end of the dowel.
 - Place your dowel on one end of the strip of paper. Put a thin strip of glue onto your dowel and glue it onto the edge of the paper. Then roll the dowel once, place a thin strip of glue on top, and roll it again so that the paper glues to itself.
 - Decorate your scroll. Allow the art to dry before rolling it back up.
 - Once your art has dried, carefully roll the entire length of paper around the dowel. Wrap it with the piece of leather or fabric (you can trim the fabric or leather to your desired size) and tie it with decorative string or strip of leather to secure.

Wrapping Up

Time: 5 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

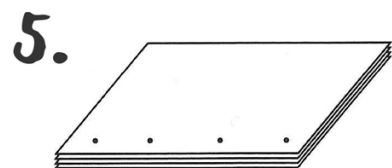
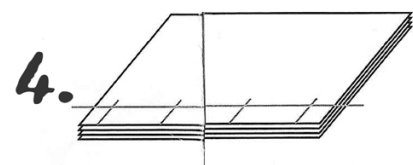
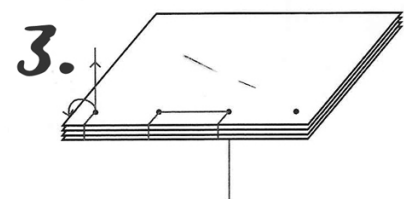
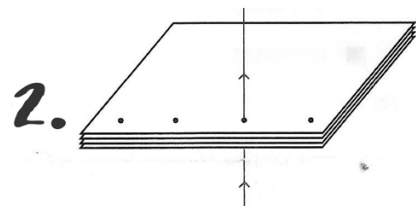
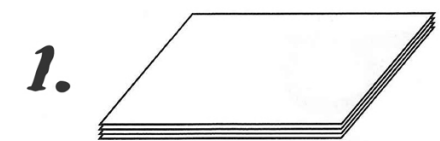
- Field Trip Ideas:
 - Visit a book repair shop to see the different methods and ways they bind and restore books.



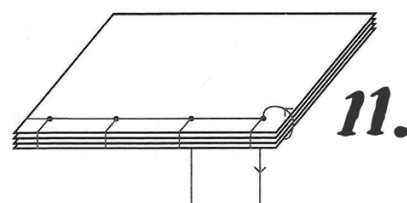
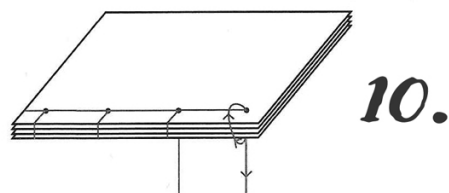
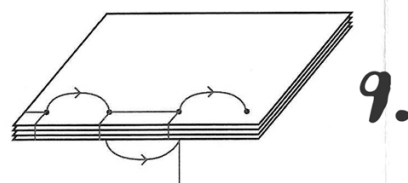
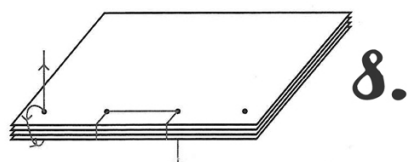
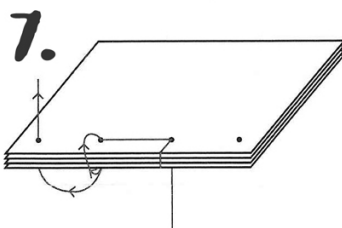
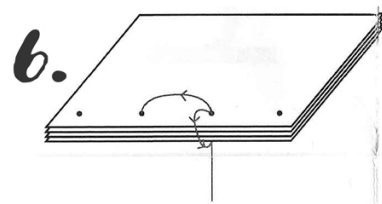
- Visit the Minnesota Center for Book Arts (mnbookarts.org) or find a local book arts class to learn more about the bookbinding craft.
- Speaker Ideas:
 - Invite a book artist to your meeting to talk about how they got involved in book arts and share some tips on creating your own books.
 - Invite a graphic designer to your meeting to talk about the creative process, from idea to final product.



Binding Instructions



Japanese Stab Bind Book



Source: incredibussy.com/easy-book-binding-two-ways

