

## Scrapbooking / Memory Books

**Why not have a go at scrapbooking and make a visual snapshot of your life at this moment in time?**

Scrapbooking is a popular crafting and documenting activity which involves sticking photos or pictures on blank pages and decorating them with embellishments and memorabilia. You can also add journaling (writing) to record your thoughts and feelings if you want to. The pages can then be joined to make a book. A mini book makes a thoughtful gift for friends or family.



### Equipment

Blank paper, glue or sticky tape, photos (or pictures cut from a magazine) and coloured pens / pencils are the basic things you will need. Your pages can be stapled together, or hole punched and tied with ribbon / string. If you prefer, you can use a blank exercise or display book.

To decorate your pages try adding stickers, ribbon, buttons, glitter, old tickets (e.g. from a sporting match) and artwork. Depending on what you have available, you can stamp on your pages, make tags to write on, punch out different shapes, add titles using letter stickers or sew patterns on your pages with a needle and coloured thread– be as creative as you like!

If you put different coloured paper behind your photos it will make them really stand out.



## Ideas

Try making a mini book around a theme such as your pet, favourite sport or your best friend. Alternatively, make a collection of pages about things that are important to you. It is a good idea to give each page a title. You can write this or cut out letters from different coloured paper.

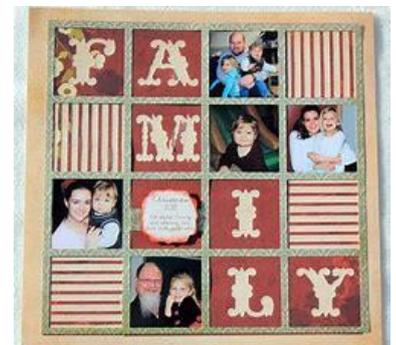
Here are some ideas for pages you could make:

- My family
- Life in lockdown
- Fun times with friends
- My favourite things
- 10 random facts about me
- Places I would like to visit
- Last summer...

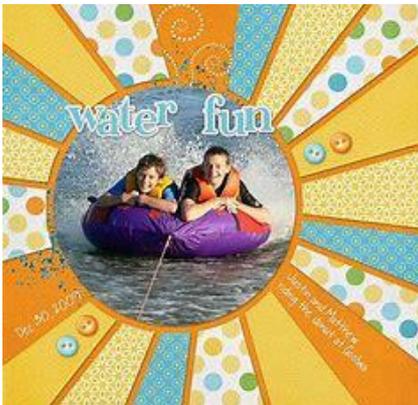
Beginner:



Intermediate:



Mastering:



For further ideas you can search online under 'scrapbooking'. Warning – scrapbooking can be addictive!  
Have fun!