

# Art + Wellness Kit: Gratitude Journal Making Kit

Madison Public Library - Live Well @ Your Library



Create your own gratitude journal to guide the rejuvenating practice of daily journaling.

## Supplies – you will need:

- 2 sheets of decorative paper for the book covers 4 ¼ "x3 ⅝ "
- 2 pieces of book board 2 ½ " x 3 ½ "
- 1 sheet of paper 9x12"
- Watercolors and watercolor brush
- 1" foam brush
- Glue stick
- Small water container
- Paper towels
- Scissors
- This direction sheet and idea prompts for daily gratitude

**NOTE: NOT Included small water container and paper towels and scissors**

Artist Angela Johnson also has an instructional video available here:

<https://tinyurl.com/3c7xuvvp>

*This kit was made possible by generous support from the Madison Public Library Foundation.*

# Instructions

## Part 1: Add background color to your watercolor paper

1) Using the foam brush add a little water and then watercolor to the paper using 2-3 colors. You are creating a background color.

Get creative with your colors! Try flickering or splattering color spots onto your paper, add a darker color over a lighter color and blend, or try a dry on dry or a wet on wet technique. You could squish saran wrap on top of the paper and peel off when dry or set a piece of bubble wrap on top of your paper and peel off when dry for added texture.

2) Let the paper dry (it will curl a little bit).

3) Turn paper over and repeat the process of adding color to the paper. Try a few different colors!

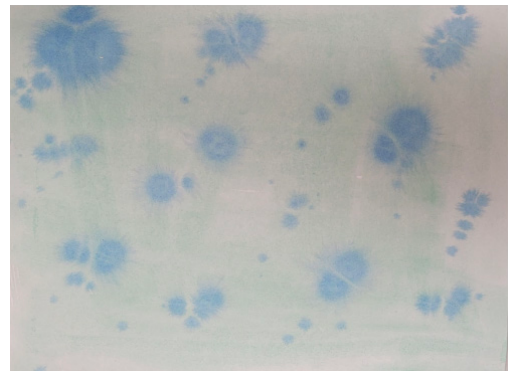
4) Set aside and let dry.

## Part 2: Folding the Paper

1) Fold paper in half the long way (like a hot dog), and then fold each folded half again like the first steps to making a paper airplane.

See image. Open up the paper again and fold in half the short way (like a taco) and then fold each half again like the first steps to making a paper airplane. You will have 16 rectangles or 4 columns of rectangles both across and down.

2) You want to end up with 16 squares across your page, four columns in each direction.



3) Gently tear along the dotted lines.

4) After tearing, you will have what looks like a W or M.

5) Fold up your M or W into a book form, notice that every few rectangles the paper fold switches directions.

### Tips:

- line up corners and press from the middle outward when folding
- if you prefer, you can use scissors instead of tearing
- tear slowly for more control



### Part 3: Book Covers and Assembly

1) Apply glue directly to one side of the book board covering it thoroughly and place the book board onto the center of the paper.

2) Fold the edges of the paper up to see how the sides will line up.

3) Repeat these steps with the other piece of book board.

4) Take your scissors and trim the 4 corners of the decorative paper, being careful not to cut too close to the cardboard (leave about  $\frac{1}{4}$ " ).



- 5) Apply glue on each lip of the paper and the cardboard edges and fold the edges in, similar to wrapping a present.
  - 6) Push down on the glued paper flaps to ensure that they stick, using your fingernail to pinch the corners in.
  - 7) Attach book pages to covers by gluing the end pages to each cover. Line up the paper in the middle of the book covers so that it covers the cardboard. If any of the book board shows through you can use your small scrap triangles to glue down and cover the book board.
  - 8) Push down on both covers to ensure they are glued well. Set a large book or two on your book for a few hours to help press it.
- 10) You're ready to write in your gratitude journal!**



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# Art + Wellness Kit: Gratitude Prompts



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Practicing gratitude can have profound effects on mental, physical, emotional, and spiritual well-being. Use the prompts below to guide your gratitude practice of daily journaling.

1. Describe a memory that makes you smile.
2. Write out a favorite childhood memory.
3. Sketch a favorite childhood memory.
4. Describe your favorite nature smell.
5. What is your favorite man made scent or smell (specific cooking, perfume, etc.)?
6. What ability are you grateful for?
7. What place do you always want to remember?
8. Who is someone that is/was important to you.
9. Who is someone you are glad you got to meet?
10. Sketch what you hear.
11. Describe what you hear.
12. Describe your favorite nature sound/s.
13. Describe your favorite man made sound/s.
14. Sketch what you see out your window.
15. Describe what you see out your window.
16. What is your favorite place in Madison to visit?
17. What is your favorite season of the year? Why?
18. What does the holiday season mean to you?
19. Draw a flower.
20. What does fall look like?
21. What is one thing you are grateful for today?
22. Draw something you are thankful for.
23. What does a hug feel like?
24. Where is your favorite place to visit outside of Madison?
25. What are you most grateful for this year?
26. List 3 things you are grateful for today.
27. List 3 things you are grateful for today.
28. List 3 things you are grateful for today.
29. What are you most looking forward to in 2023?
30. What quality in yourself are you grateful for?

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