

Quilts for Kids Journal Instructions

Journals are a great way for kids in need to write down their thoughts and feelings. Quilts for Kids, Inc. finds great joy in providing these to children in need along with our quilts. The journals also allow us to use smaller pieces of fabric and heavier designer fabrics that might not be useable in our quilts! This project is a great project for youth groups, scout troops, summer camps and classes to give back to the community.

*****NO Embellishments Please--- NO BUTTONS, BOWS, GLITTER, ETC. *****

Material requirements for each book

1 Hard Cover blank book with sewn binding about 6" by 9" works best with lined or unlined pages

1 fabric piece 3 inches larger than the book when open don't forget to include the spine measurement- (if using the 6"x9" book, you would need a piece of fabric about 15 ½" x 12"

Permanent Spray Adhesive

Scissors

Assembly Instructions

1. Spray the back of the fabric with permanent spray adhesive. These adhesives usually have a strong odor, be sure to follow the manufacturers suggestions for ventilation. Outdoors is probably the best!
2. Lay the fabric right side down onto a flat surface, and place the center of the book when closed onto the middle of the fabric piece. Initially it will be straight up with only the binding of the book sitting on the fabric. See diagram 1. Then gently lay the book over to the right side keeping the fabric smooth see diagram 2.

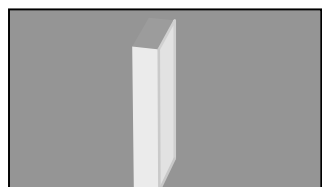


Diagram 1

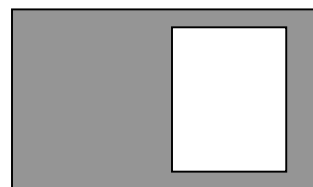


Diagram 2

Quilts for Kids Journal Instructions Continued

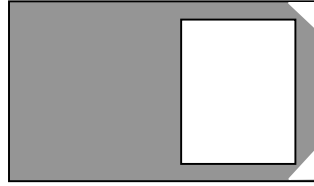


Diagram 3

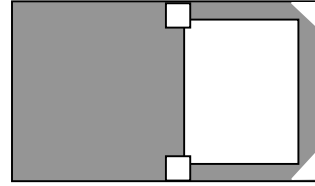


Diagram 4

3. Cut a diagonal across the corner of the fabric, just outside of the book's outline as in diagram 3.
4. Cut 2 slits at the center top and bottom of the fabric about 1" (1/2 inch from either center). And fold under. This will give a clean binding to the book and allow you to fold the rest of the fabric smoothly.
5. Fold the left side of the fabric over the book and trim the diagonals as you did for the right side.
6. Open the book and fold the fabric gently over the edge of the book cover and inside the front cover, repeat for the back. The top/bottom and sides should butt up against one another at the outer corners. If the fabrics are overlapping, trim them even.
7. Glue the first page of the book to the inside cover and the last page to the back cover of the book. You don't need to remove the page to do this. This should cover the edges of the fabric on the inside - for a clean finished look.

If you would like to put a brief message of inspiration on the first page, you may do so. Also sign your name and location (city and state or county and state- don't put your full address!) if you'd like to draw something, you may.

Remember, these books will be going to children in hospitals, so **NO GLITTER OR EMBELLISHMENTS** as these can be hazardous to them.

Thanks for helping Quilts for Kids, Inc. to help kids in need!

www.quiltsforkids.org