

TEEN WELLNESS KITS

DIY JOURNAL

These Teen Wellness Kits are filled with creative and wellness activities for teens. Make this notebook your own by decorating the cover with a hand-stitched design, then use it to track habits, practise gratitude, or plan your next adventure.

MATERIALS TO FIND AT HOME:

- one blank notebook
- embroidery floss
- needle and pushpin
- one roll of washi tape
- any art supplies you already have

ACTIVITY INSTRUCTIONS:

1. Make this notebook unique by decorating the cover any way you like. Follow the instructions to create a hand-stitched version, or watch a video at calgarylibrary.ca/notebook
 - a. Choose one of the included designs and cut it out.
 - b. Open the notebook so the front cover lies flat. Place it on a piece of cardboard or a cutting board to protect your table. Use the washi tape to secure the journal and artwork where you want it to be.
 - c. Use the pushpin to make holes at every spot where two lines meet in the design. When you're done, remove the paper with the artwork on it (be careful peeling off the tape so the cover doesn't tear). You'll have a pattern of holes — this is where your stitches will go through the cover.
 - d. Thread a needle with embroidery thread. Make your first stitch from inside the cover and tape the end down with washi tape, then connect the dots. A simple backstitch is recommended. To do this, bring the needle up through the next empty hole, then bring it

back down in the same spot where you came up the last time. Be careful not to bend the cover as you're doing this, to avoid creases.

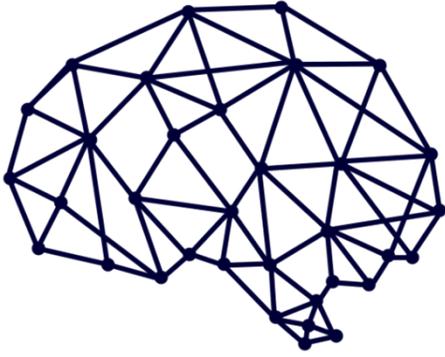
- e. When you're done, finish your last stitch on the inside of the cover and tape down the end with washi tape. This side will look messy. If you like, you can cover it up with washi tape or by gluing the first white page to the front cover.

2. There are many types of journals. Use one of the prompts included in this kit or try some of these ideas:

- a. **Food Journal:** Writing down what you eat can help you understand your eating habits and patterns. In the long term, this can help you make healthier choices that will keep you feeling great.
- b. **Diary:** Use a diary format to help you work through difficult life situations. Write freely about whatever is upsetting you. Getting all your thoughts and feelings out on paper will help you sort through them and release them.
- c. **Art Journal:** An art journal can help you express your emotions or be a form of creative meditation to reduce stress. Sketch something beautiful that you saw during your day or create a collage of found objects. You can find more sources for inspiration in the resource list below.
- d. **Gratitude Journal:** A gratitude journal helps you focus on the good things in your life, even when things are not going great. Writing down things that we're grateful for helps reduce anxiety as we focus on the things that make our lives better.
- e. **Bullet Journal:** A bullet journal helps you organize day-to-day activities and focus on your goals. Section your journal to include an index, daily to-do list and notes, monthly goals, long-term wants, and much more. It will help you learn how to get rid of things that are distracting you and add things you care about. You can find more resources on bullet journaling in the resource list below.

LEARN AND DO MORE:

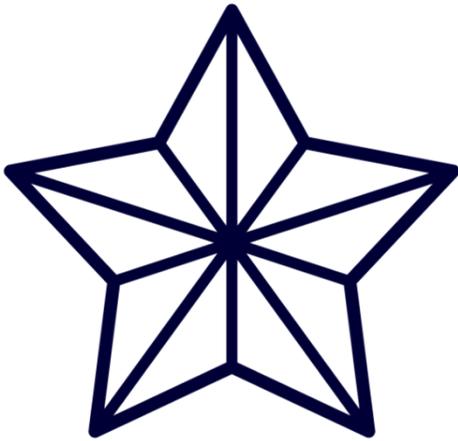
- Visit calgarylibrary.ca/journal for staff-recommended titles about art journals and bullet journaling.
- For more ideas, check out:
 - The Lazy Genius at calgarylibrary.ca/lazy-genius
 - The Ultimate Journaling Guide: Easy Tips for Starting a Personal Journal in 2020 at calgarylibrary.ca/ultimate-journaling
 - A Total Beginner's Guide to Keeping a Journal at calgarylibrary.ca/beginners-journal
- Create your own artwork to stitch. The possibilities are endless! Designs with mainly straight lines work best, so think about geometric patterns, block letters, and simple shapes. Print it out or draw it on scrap paper to create your template, then follow the steps above. These also make great gifts!



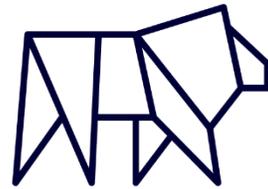
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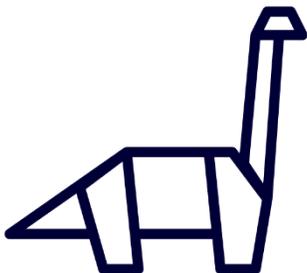
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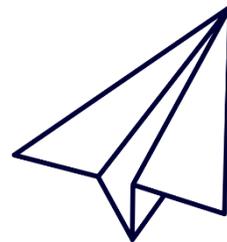
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