**Rubber-band Journal**

**For the paper:**

Fold each sheet of paper in half.

- 8½" x 14"
- 2¼" from the top and 2¼" from the bottom

Using the marks as a guide, make two holes on the folded edge of the paper with a hole punch, or use scissors to cut two notches out of the folded edge.

Repeat for each sheet of paper.

**For the cover:**

Fold the cover paper in half.

- 9" x 15"
- 2¼" from the top and 2¼" from the bottom

Using the marks as a guide, make two holes on the folded edge of the cover with a hole punch or cut two notches with scissors.

**To assemble the book:**

Place the nested paper inside the cover, lining up the holes.

Open the book, and thread a rubber band through the bottom hole, going from the inside of the book to the outside. Pull about ½" of the rubber band through the hole.

Loop the end of the rubber band around the end of the stick.

Thread the other end of the rubber band through the top hole, going from inside to outside, and loop it around the top of the stick.
Start with a long sheet of paper.

Fold in half.

Then open up.

Fold each end into middle.

Flip over.

Side view: valley folds.

Mountain folds.

Fold each end into first mountain fold.

Fold each mountain fold in to the center.

Mountain fold: crease paper to make a fold in each middle page.

Open all folds.

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**For the paper:**
One 8½”x11” sheet of paper

fold both sides to meet in middle

fold corners down to middle

reverse fold and tuck fold in on both sides

unfold corners

SELF-PORTRAIT BOOK

For the paper:
One 8½”x11” sheet of paper

fold both sides to meet in middle

fold corners down to middle

reverse fold and tuck fold in on both sides

unfold corners

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For the covers:

Cut two sheets of 4¼" x 5½" paper

Back cover 5½"

Front cover 5½"

Cut a 3" x 2½" rectangle from the center of the front cover, leaving a 1½" border on the sides and a ½" border on the top and bottom.

For the sides:

Cut two sheets of 4¼" x 11" paper

Fold each side into an 8-panel accordion.

For directions on folding, refer to the Accordion Book instructions.

To assemble the book:

Glue the back cover to the accordion sides. Attach it to the front side of the last fold on each accordion side.

Glue cut-paper shape to the front sides of the accordion folds.

Glue the front cover to the accordion sides.

Attach it to the outside of the first fold on each accordion side.
Flag Book

For the paper:

For the covers: two sheets of 8½” x 5½” paper (two pieces can be cut from one 8½” x 11” paper)

For the spine: one sheet of 8½” x 11” paper

For the flags: six sheets of 2½” x 5½” paper (six pieces can be cut from one 8½” x 11” paper)

To make the spine:

Begin by folding the 8½” x 11” paper widthwise into a four page accordion. Place the accordion facing down with the two mountain folds pointing up.

Fold each mountain fold in to the center fold; press down to crease the paper.

For directions on folding, refer to the Accordion Book instructions, completing the first four steps only.

To attach the covers:

Glue the covers to the end flaps of the spine, with the end flaps on the inside of the covers.

Put glue on end flaps

Inside of front cover attached to end flap.

Inside of back cover

Inside of front cover attached to end flap.

Glue flags to accordion spine

To attach the flags:

Glue the first row of two flags at the top of the spine, one flag on the left side of each fold.

Glue the second row of two flags in the middle of the spine, just below the first row, one flag on the right side of each fold.

Glue the third row of two flags at the bottom of the spine, just below the second row, one flag on the left side of each fold.

The flags on the top and bottom row will point to the right; the flags in the second row will point to the left.
Paper Folding Techniques

- Try brads
- Spread and glue down
- Cut and insert
- Make a cylinder
- Fold a strip into a zig-zag
- Insert tabs into slits, use glue to hold
- Use slits
- Make loops and staple or glue
- Fold in half
- Use tabs

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For the paper:
One 8½” x 11” sheet of paper

Fold paper in half widthwise.

Draw two parallel lines that are the same length (2” to 3”) towards the folded edge of the paper.

Cut along both lines starting at the folded edge.

Fold the cut flap towards you, and make a straight crease at the fold.

Then fold the flap back, away from you, and press the fold again.

Unfold the flap, putting it in its original position.

Open the paper like a tent, and push the flap through to the other side.

Close the paper in half and press the folds.

Open; the box pops up!