DIRECTIONS FOR ASSEMBLING YOUR JOURNAL
1. Create front and back covers by decorating the hardboards provided. You can:
   a. Color them with colored pencils. Draw a picture of yourself, draw something that represents you or your interests, or make a pattern or design.
   b. Collage them by cutting out images and words from the magazine and gluing them to the hardboards.
2. Stack the papers and envelope provided—including the two blank white sheets and two coloring pages—in whatever order you want, aligning the punched holes.
3. Put the front cover on top of the paper stack, and the back cover on bottom, making sure to align the holes.
4. “Bind” the journal by threading each end of the rubber band through a hole and then sliding the dowel through the each loop.

DIRECTIONS FOR USING YOUR JOURNAL: ACTIVITY PAGES
1. DRAW YOUR TREE
   a. Select a blank white cardstock paper to use for this activity.
   b. Follow Mallery’s guidelines:
      • Start two-thirds of the way down the page. Using your colored pencils, draw a line across the paper from left to right. This is your ground. This is what keeps you steady in life.
      • Draw roots under the line. You can make it a long single sturdy root or a bushy one that goes in all directions. Think of these roots as your heritage and your history. Where do you come from? Add pictures, designs or words to depict your roots.
      • Draw in a tree trunk (two vertical lines extending from the roots to through the middle of the paper). The trunk is your strength. What is your strength? Write or draw your strengths in the trunk.
      • To create the branches, think of the places you want to go or the person you want to be. What are your goals? Make as many or as few branches as you like to represent your goals—even one goal is a great direction. Write your goals in the branches.
      • When you make your leaves, I want you to think of the things that trouble you or somethings that you may struggle with. Maybe even add something that you are afraid of. Make as many of these leaves as you can and at the same time leave those feelings on this page. Leaves fall to the ground; they return to the earth and are reused as nutrients for your roots. New leaves, better leaves can sprout. Never dwell on the negative things in life, they are like leaves they fall and add to the strength of your roots and your branches get bigger and sturdier. The negative things are only temporary and can sprout newfound wisdom and strength.
      • Return to this tree to reflect when you need confidence, encouragement and reminders of what makes you the person you are. You are like a tree, you have strength in more than one area. Continue adding to this tree in the future. Add a happy background and give your tree some color.

MATERIALS (INCLUDED):
- (2) 5”x7” pre-punched hardboards (for journal cover and backing)
- (4) Activity pages:
  - (2) 5”x7” pre-punched sheets of white cardstock paper
  - (2) 5”x7” pre-punched coloring pages
- Set of colored pencils
- Glue stick
- Assorted papers (all pre-punched)
- 5”x7” pre-punched envelope
- scissors
- Magazine for collaging
- Rubber band
- Wooden dowel
2. WHERE IS HOME?
   a. Select a blank white cardstock paper to use for this activity.
   b. Follow Mallery’s guidelines:
      • Draw what you consider home. Home can be your house, your community, your surrounding landscapes, or even the people you share home with. This page will be comforting when you are away from home.

3. DRAGONFLY WISHES AND WORRIES
   a. Use the coloring page with an outline of a dragonfly for this activity.
   b. Follow Mallery’s guidelines:
      • On the upper wings write or draw in your wishes or goals in life. This is so that the dragonfly can send it to the right place so that you can receive these blessings in the future. Dragonflies are messengers to the ancestors as well as being good luck charms and bringers of comfort and peace.
      • On the lower wings write or draw your worries or things that make you sad, mad or frustrated. Let the dragonfly drop these off into the wind for you. Let the beauty of its wings take it far away and lead you to a place of healing, peace and comfort.
      • This dragonfly can also be colored and designed anyway you like it. You don’t have to draw or word your worries you can symbolize them with color or design.

4. ZENTANGLED HEART
   a. Use the coloring page with an outline of a human heart for this activity.
   b. Follow Mallery’s guidelines:
      • In this exercise we will be coloring in or decorating an image of the structure of the heart. Not only is the heart the powerhouse of our bodies but we tend to consider our hearts as the center of who we are. Zentangle is a form of doodling where you repeat a pattern to fill a space. We will decorate our hearts in a similar manner.
      • To begin, think about what your heart looks like. What are you grateful for right now? What is your proudest moment?
      • Choose what colors to use to fill your heart. Using cool colors like green and blue evokes a sense of peace and calm. Using warm colors like orange and red brings energy and excitement.
      • After coloring your heart, write a sentence or two about your feelings on the back of the page.

5. MORE IDEAS FOR HOW TO USE YOUR JOURNAL
   • Make this journal a reflection of you!
     ⇒ Use the envelop to store keepsakes like greeting cards, notes, ticket stubs, and other “scraps.”
     ⇒ Glue family photos or pictures you take to the papers.
     ⇒ Add in or write out family recipes.
     ⇒ Use extra pages to journal when you’re feeling down or when you have something happy to report.
     ⇒ Draw or collage your favorite things on the extra pages.
     ⇒ Create a page for each of your family members with a drawing of them and a list of their favorite things (color, food, animal, scent, school supply...).