

Scrapbook Journaling

Simply Start Writing

- To get the writer out of you and get on with your scrapbooking journaling, just start writing or typing.
- There's no time better than now to start.
- Seriously, just start by writing little descriptions on scraps of paper or typing some words on the screen.

Start With What You Know

- Your brain has a fantastic ability to mentally record many things you've come across. It's a matter of accessing those mental files ...
- Your brain will start digging into those files of memory and out of the blue, it may just locate the perfect piece of information that you've totally forgotten about.
- One consideration though. You might want to think about people who will read your scrapbook journaling in the future. They weren't there with you, so they might be oblivious to the facts.
- Making a habit of noting down as many details as you possibly can, will help paint a vivid story and picture for them. Bring them along with you in reliving those memories of yours.
- Basically, write straight from your heart.

Set Space For Future Journaling

- You don't have to restrict yourself to complete your layout and scrapbook journaling all at once.
- A good guideline is to leave about half a photo space per page for your scrapbook journaling. Unless you're intending to do a full-blown story, that should be sufficient space.
- Creating layouts takes more of a right-brained activity while writing takes more of the left-brained. So dividing the two activities might work in your favor. It's your own call, whatever helps you get things done most effectively.

The 5 W's

- A timeless formula is the five Ws that get the gist of things: WHO, WHAT, WHEN, WHERE, and WHY.
- **Who** - What are the names of the people present in the pictures? People change throughout the years, especially children. So helping the viewers to identify them will help track the children's growth. And who took the pictures?
- **What** - What's the occasion, special event or memorable moment taking place? What happened at the event?
- **Where** - Where did the event take place? Background information will help paint a clearer picture.
- **When** - Obviously giving dates will help place the photo in proper content. And people like to know when things happened.
- **Why** - Why did you choose this photo and not another? Any special meaning to this photo?

All this information will help tremendously in enriching your narrative story.

Next time you're stuck, bring out this formula and work with it to get your scrapbook journaling started. This formula works like a charm.

Write A Letter

- Another simple scrapbook journaling idea is to pretend that you're writing a letter to your friend. Isn't this a lovely idea?
- Writing a letter is very personal and adds intimacy to your scrapbook pages right away. Write in a way like you're chatting with a close friend.
- And yes, remember to add in the "Dear ..." and end it off with your signature to make it look authentic.

Little Notebook

- Keep one handy in your handbag, one in your glove compartment of your car, and one on your bedside table or wherever that you find most convenient.
- Whenever inspiration strikes, quickly scribble down those little nuggets of words that popped into your mind or spilled out of someone's mouth.
- Perhaps a catchy quote you saw somewhere. A short, inspiring poem you read somewhere. Or it could be a quote, phrase or even a sentence fragment. It doesn't matter, as long as it catches your fancy.

Bullets to Save the Day

- If you want to keep things short and sweet, and more to the point, use bullets.
- You don't have to be a story-teller, giving a narration all the time. There are times where bullet points will bring your points across faster, directly to the main points.
- Bullet points are easy to read, save you the headache of making smooth transitions from one sentence to the next, and highlight the most important information straight away.
- Be it dots, circle, or asterisks, bullet points make strong statements in your scrapbook journaling.

Practice, Practice, Practice

It s basically about:

- 1) Collecting the information you need.
- 2) Organizing that information in a logical sequence.
- 3) Polish your written piece until you're happy with it.

Travel Albums

When you are on vacation, it is not always convenient to write down notes you need to remember later for your album; however, there are some tricks to doing this.

- Collect any brochures or other materials available.
- Take a picture of any signs that will remind you of where you were and the significance of that location. Often there are signs that tell a real story and it can act as its own kind of journaling.
- Use the date on your pictures to further remember where you were and what you were doing on that particular date.
- Try to take time each evening to make some notes on the activities of the day by keeping a simple journal. This is when it is freshest in your mind and your information will be most accurate.
- Sometimes people travel with a laptop computer or there are computers available in the hotels where you can download your pictures onto a thumb drive or even send it to another location where you store them. This frees up space on your camera. Also by doing this every evening you can title them so you will have them organized for later reference and in the unfortunate situation of losing your camera, your pictures will be safe. If you put them on a thumb drive, **be sure to place it in a different piece of luggage** to further insure that they both will not be lost.
- Finally, when you return home you will quickly fall back into the daily grind, but it is important to do your album right away. This will help with all of the memories that are fresh in your mind, and it also gives you a wonderful way to share your vacation with your friends in a creative way.
 - Sample: You can put pictures in a photo album, and it will simply be a picture of a pretty sunset. If you can journal your feelings about sitting in a restaurant in Hawaii, watching the people enjoying water sports and the wonderful breeze off the water while you enjoyed your fresh seafood dinner with your husband, it makes it come to life. This will be a wonderful way for you to relive the experience many times over.

SCRAPBOOKING SKILLS, TECHNIQUES, AND TERMS

A

Acrylic Paint - A water soluble paint made from pigments and a plastic binder.

B

Beads - Decoration that come in many different shapes and sizes and can be attached with glue, on wire, sewn on, etc.

Borders - The margins of an element or a page, usually referring to something that "frames" it or sets it off from the rest of the page or helps bring focus to it.

Brads - Two-pronged fastener featuring a round or decorative top. Prongs are inserted through the surface and opened butterfly-style.

C

Corner Punches - Similar to the corner rounder (A punch specially designed to round the 45-degree angles of photograph or paper corners), but these come in many decorative styles when you want something fancier than a rounded edge. Victorian is an example.

Crop - Trimming the photo to highlight a certain area, or cut out unwanted activity, or to simply change the shape of the photograph.

Crimping - A technique used to turn ordinary card stock into corrugated card stock.

D

Decorative Scissors - Any number of specialty scissors that cut anything but a straight line. Some examples are Zig Zag, Victorian, and Waves.

Decorative Staples - Staples with any type of decorative embellishment.

Die Cuts - Shapes or letters cut from card stock by special machines, or a punch. Many styles feature perforated lines and open areas that add detail to the piece.

Digital Pages - Refers to scrapbook layouts made by using digital elements.

Distressing - Using steel wool or a wire brush to artificially age card stock or paper.

Double Mat - Refers to when you stick the photograph to a mat, and then onto to a bigger mat.

Drawing - Free-form sketch to enhance page layout.

E

Embossing - Decorating using raised edges.

Eyelet - Circular or shaped metal fastener that must be flattened with an eyelet setter. Can hold several sheets of paper together or be used to anchor fibers, floss, or wire. Also called a grommet, although grommets require a second piece to attach.

F

Fibers - A slender, thread-like strand commonly used to decorate tags and scrapbook layouts.

G

Gilding - Adding gold to a surface, such as with gold leaf flake.

H

Hand Tinting - (Also Photo Tinting) A method of applying color to a black and white photograph.

Hidden Journaling - Journaling done that is hidden on a page. Designs to "hide" include pockets and tags.

J

Journaling - Written text on a page that provides additional details about the event, emotions, or photographs.

K

Kaleidoscope - An artistic method of displaying photographs on a scrapbook page, the end result resembling something similar to what you would see looking through a kaleidoscope.

M

Mat - A piece of card stock or paper, which is cut slightly larger than your photograph. The photograph is then stuck to the mat, leaving a border of card around the edge, to accentuate it or to act as a buffer between the photo and the page. It can also be torn, decoratively cut, or embellished.

Metal Embellishments - Added details and objects made out of metal to decorate.

Mulberry Paper - A fibrous paper available in various textures and colors.

P

Paper Piecing - Creating an image or element by cutting, layering, adhering, and detailing several pieces of paper.

Pockets - A scrapbook page with a built-in pocket, like a folder. This is useful for holding memorabilia that you may want to take out and look at, like programs, cards, or other booklets.

Punch - A tool used to literally punch decorative shapes and embellishments out of paper or card stock. Punches are available in just about any shape and design you could imagine.

Q

Quilling - Technique of creating designs by rolling thin strips of paper into swirls and flourishes that can be combined to form larger images.

R

Rub on - Artwork, fonts, word art, and other designs that are made to be applied to surfaces (such as paper, wood, and metal) by "rubbing" them on; usually a tool such as a flat wooden stick is used to rub across the back of the transfer until the design has been transferred.

S

Sewing - Stitching thread through paper as an accent or trim.

Shaker - Dimensional page accent that holds loose beads, confetti, or other tiny embellishments behind a transparent window. One can be cut out from a sheet protector.

Shaped Journaling - Text written on a shaped background related to the story. For example, cut out a "pig" shape and journal your Swine project memories on it.

Silhouette Cropping - Cutting out a figure or person from a picture or photograph for a layout.

Stamping - Technique of using stamps to transfer images to a variety of media.

Stickers - Adhesive-backed images used to decorate scrapbook pages or other accents.

Stitches - Refers to hand stitched or machine sewed elements.

T

Tags - Decorative pieces that can be used for journaling, to make a title, etc. Can be a purchased item, made with a punch or handmade.

Tearing - Tearing paper in a decorative manner to enhance a photograph

V

Vellum - Lightweight, translucent paper offered in a variety of plain, colored, printed, and textured styles. This is ideal for dry embossing, layering, or creating overlays.

Definitions were taken from the following websites

- www.geocities.com/diycat/resources/scrapbook/glossary.html
- www.bhgscrapbooksetc.com/beginners/glossary.html
- <http://www.stickersnfun.com/glossary.asp>
- <http://www.scrapoy.com/scrapbook-glossary.html>
- <http://www.scrapdirectory.co.uk/scrapbook-pages-glossary.htm>
- [http://www.scrapinbunnies.com/Scrapbooking Dictionary.pdf](http://www.scrapinbunnies.com/ScrapbookingDictionary.pdf)
- [https://www.kiwifamilies.co.n/articles/scrapbooking-terms-and-argon](https://www.kiwifamilies.co.nz/articles/scrapbooking-terms-and-argon)

Montgomery County 4-H Scrapbook Record Sheet

Date _____

Name _____ Grade _____

Name of Club _____ Years in 4-H _____

Project Division (Circle one) Beginner Intermediate Advanced

4-H Member's Signature _____

4-H Leader's Signature _____

1. In what ways have you helped others to learn how to keep a scrapbook?

2. List where, how, and who you received your information and/or instruction for this project.

3. What have you learned while you were working in this project?

4-H Scrapbooking Project Skill Card

Name of 4-H'er _____ Grade _____

Name of Club _____

Exhibits will be divided into 4 groups based on your grade in school as of January 1.

Level A Grades 3-4 Complete 4 pages. Include 4 different skills or techniques.

Level B Grades 5-6 Complete 6 pages. Include 6 different skills or techniques.

Level C Grades 7-9 Complete 8 pages. Include 8 different skills or techniques.

Level D Grades 10-12 Complete 10 pages. Include 10 different skills or techniques.

Check off the skills and techniques you used in your project this year. Other skills may be used, but will not be counted toward your required number of skills/techniques.

Suggested Levels: A & B Skills & Techniques	Suggested Levels: C & D Skills & Techniques	
<input type="checkbox"/> Borders	<input type="checkbox"/> 3-D	<input type="checkbox"/> Paper Piercing
<input type="checkbox"/> Brads	<input type="checkbox"/> Acrylic Paints	<input type="checkbox"/> Photo Mosaic
<input type="checkbox"/> Corner Punches	<input type="checkbox"/> Beads	<input type="checkbox"/> Paper Piercing
<input type="checkbox"/> Crimping	<input type="checkbox"/> Decorative Staples	<input type="checkbox"/> Photo Mosaic
<input type="checkbox"/> Cropping Templates	<input type="checkbox"/> Digital Pages	<input type="checkbox"/> Pockets
<input type="checkbox"/> Decorative Scissors	<input type="checkbox"/> Distressing	<input type="checkbox"/> Pop-ups (Fold outs)
<input type="checkbox"/> Digital Pages	<input type="checkbox"/> Drawing	<input type="checkbox"/> Quelling
<input type="checkbox"/> Die Cuts	<input type="checkbox"/> Embossing (Versa mark)	<input type="checkbox"/> Rub On
<input type="checkbox"/> Double Matting	<input type="checkbox"/> Eyelets	<input type="checkbox"/> Sewing/Stitches
<input type="checkbox"/> Fibers/Ribbons	<input type="checkbox"/> Gilding (Gold leaf)	<input type="checkbox"/> Shaker
<input type="checkbox"/> Punches	<input type="checkbox"/> Hand Tinting (Photo)	<input type="checkbox"/> Shaped Journaling
<input type="checkbox"/> Stamping	<input type="checkbox"/> Hidden Journaling	<input type="checkbox"/> Silhouetting (Cutting)
<input type="checkbox"/> Stickers	<input type="checkbox"/> Kaleidoscope	<input type="checkbox"/> Vellum
<input type="checkbox"/> Tags	<input type="checkbox"/> Metal Embellishments	<input type="checkbox"/> Water Coloring
<input type="checkbox"/> Tearing	<input type="checkbox"/> Mulberry Paper	

