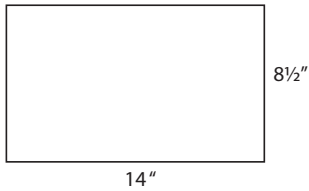
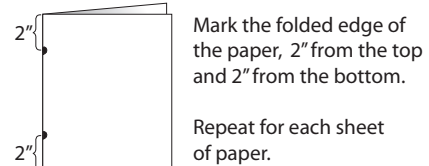
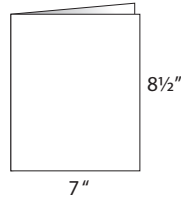


Rubber Band Journal

For the paper:

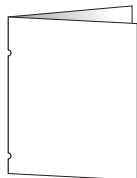


Fold each sheet of paper in half.



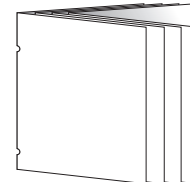
Mark the folded edge of the paper, 2" from the top and 2" from the bottom.

Repeat for each sheet of paper.



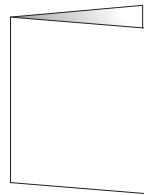
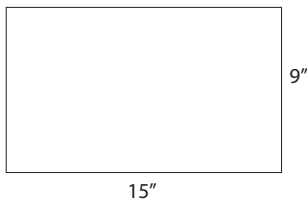
Using the marks as a guide, make two holes on the folded edge of the paper with a hole punch, or use scissors to cut two notches out of the folded edge.

Repeat for each sheet of paper.

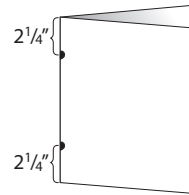


Nest papers inside each other, lining up the holes.

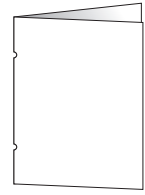
For the cover:



Fold the cover paper in half.

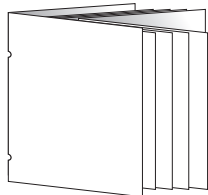


Mark the folded edge of the paper, 2 1/4" from the top and 2 1/4" from the bottom.

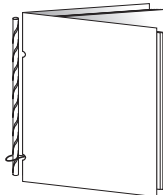


Using the marks as a guide, make two holes on the folded edge of the cover with a hole punch or cut two notches with scissors.

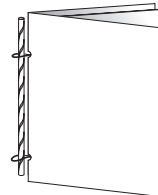
To assemble the book:



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 1/2" of the rubber band through the hole.



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.

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