

Chapter 1 : Stick to your guns | Andy Leman | The Brewers Journal

WhyTry ame Plan Journal - Tearing Off Labels 3 Lift The Weight WhyTry LLC calendrierdelascience.com 3. DECIDE that my negative labels are from the past! Today I choose to keep them on or.

This is a series of 8 blog posts that will show you from start to finish how to Make a Junk Journal! How amazing is that? Would you like to take a junket with me? Hello, my artful Mixed Media friends. My name is Rebecca E. Parsons, also known as Cre8tiva, and I am a life long journaler. I want to extend a very special invitation to you. You can call your anything you likeâ€”no pressure to name yours the same as mine. Today I am sharing the first in a series of tutorials of a vintage bound junk journal capturing an imaginary trip to France in a bygone era. Twice each month I will be sharing a new 4-page layout that you can copy exactly or use as inspiration for your own version. We will finish with three signatures filled with magical pages that tell the story of our imaginary travels together. I just flat out love making booksâ€”I have been creating them, large and small, for many years. I have mastered some difficult binding techniques and created a few of my own bindings. I even created a case bound book, one that looks and feels like a hard bound one you buy at any book store. That was a doozie and a story to tell at a later time. Are you ready to take a journey with me? For those of you who may not have heard of this phenomena, a junk journal is a bound book created with things you have on hand that otherwise might end up in the recycling bin or the landfill. Those pieces of junk mail, catalogs, old greeting cards, appointment cards, magazinesâ€”almost anything can be used to make beautiful pages in order to create a junk journal treasure! You can also incorporate bits of fabric, buttons, sheet music, ledger pages, rusty things, nature findsâ€”truly anything goes. You can see I have quite a stash in the photo above. I bet you have a similar stash! In June we will begin by arriving in France and taking in all the new sights, smells and sounds. We are off on day trips to Versailles and the Loire Valley in July. In September we return home to review our travels and bind our memories. Does this sound like fun? Then join in the mixed media merry making explorations with us. You can see some of the ideas with our TGF ephemera below. But there is so much more to doâ€”stenciling, stamping, tearing, aging, inking, dyeing, crumbling, cutting, scoring, accentuating, embellishingâ€”you get the picture! Your junk journal will be the size of the book cover you decide to use. So, it can be any size you wish it to be. We will talk more about the cover later in this tutorial. I found it at Dollar Tree. Everyone has access to regular copy paper. Although I prefer to use a heavier weight paper in my journals, you can go with what you have handy. Remember, you can recycle junk mail letters that are this size too. My favorite trick to have instant age is to stain the papers using coffee or tea. While tea gives a more delicate vintage effect, coffee gives a darker, richer, sort of sepia look to papers. My favorite method is soaking paper in a shallow cookie sheet filled with tea. I use about 4 tea bags per cup of water. You can use more or less, just play to find the look you like. I also save the tea bag itself to add to the pages for texture and the tea inside to make a texture paste. Below you can see I also spattered random drops on some after they had dried. Just note that the paper becomes very fragile when soaked with liquid. Use care when picking up wet papers. With coffee, I just brew a cup or pot and sprinkle or pour it over sheets laid on a cookie sheet with a lip. But I just douse mine and let it sit a while minutes. I sometimes sprinkle the coffee grounds on the paper too. Just play with this part. There is no one correct way. The longer you leave the paper in the tea or coffee, the darker it becomes. So make it look as aged as you like. Stain them while you are at it. Here are some of the lace and ribbon I stained for our book. Texture I like a lot of texture on my pages. Sometimes, I roll the pages around the tea bags and squeeze like wringing out a washcloth. At other times, I wad them tightly into a ball while they are wet, then straighten them out flat to dry. I sometimes iron the pages for a smoother surface and more refined look. I expect you will develop a few of your own aging techniques if you fall in love with making books and junk journalsâ€”like I have. Please share them with us here. That is 12 sheets of paper total. By create, I mean age using any of the coffee or tea techniques above. You might want to add a couple of extra sheets for pockets or just in case you mess something up, but messes are embraced in junk journals. That is part of the fun. Trust me, even simple aged papers bound into a book look beautiful. It can be any book old or new. We will make the cover look old and vintage. The spine should be about an inch or so wide to hold

our three signatures. We need to separate the book block or the pages from the cover. The book covers attached by the spine is what we want when we are finished with this process. To do this, stand the book upright with the covers wide like below. I use a box cutter and adjust the blade to be very short. Cut gently into the crease where the pages join the cover with a sharp craft knife. Be careful not to go too deep and cut into the spine. There will probably be bookbinding cloth, which looks like thick gauze, or paper in cheaper books like mine to cut through. It may take several passes to accomplish this. Go slowly and make shallow cuts in the crease while pulling the paper apart as you go. Nik the Bookbinder has a great video showing the process if you want a more visual look before you begin. We have much more to do! Then repeat the process with the back cover. It will be easier once the front cover is released! Boy was this ever fun! Of course, you are free to peruse the The Graphics Fairy yourself that is truly half the fun and find the images you want to include in your junk journal. It is all good. I will give links to the graphics with each lesson! Prepare your cover as directed above. So I will see you back on the third week of June for our next tutorial, when we begin to embellish and add things to our pages. So gather some rubber stamps, stencils, paints, and embellishments and meet me back here with your pages ready to work on. Have fun aging the papers and getting your cover ready. You should have something that looks like the next two photos when we meet next time. The signatures are just laid in the cover for now. We will bind them into the cover after we decorate the pages. What do you think? May joy be with you all,.

Chapter 2 : Scraps of Elegance: Floral Fabric Cover Junk Journal

3. The Steps to Tearing Off Your Label Have four students come up one at a time and tear off part of the label from the can used during the Attention Activity.

Many of the lessons from this program can be carried forward and applied to daily living. Students receive knowledge and tools that will help them handle stress and cope with difficult situations and differences in others. More importantly, class members create a bond and know they are not alone. We discuss how some labels are good and some are bad. In a group setting, students usually do a wonderful job identifying positive and negative labels. Further discussion identifies strategies to receive and keep positive labels as well as skills that can be used to overcome negative ones. Students are given the freedom to choose which label they prefer. What do I like about myself? What do others like about me? What have I accomplished? What are my strengths, goals and dreams? If I had to label myself, what would the label be? Answers must be positive, and group members are asked to answer questions honestly. This task can be daunting for students with low self-esteem and those who choose to hang on to negative labels. Students begin to understand the power in our thoughts. Are their thoughts positive or negative? They learn that how we view ourselves has a direct correlation to how we treat ourselves and others. The lesson also teaches four proactive steps to get rid of labels: Stop living up to your label. Prove your label wrong! Remember, it is easy to prove that your label is true; just keep doing the same things. Your label is from the past. Today you either need to keep it or start tearing it off. These four proactive steps encourage students to use the techniques learned to help face everyday challenges they deal with personally and inter-personally. Improved self-esteem is a catalyst for better behavior, which can lead to tearing off negative labels and promoting positives ones. The goal is to motivate students to accept themselves and others. I encourage students to embrace their individuality and to not be afraid to embrace others and their differences. There is always room for personal growth even when others remain stagnant and hold on to their labels.

Chapter 3 : Why Try Program - Mrs. Long

WHYTRY ONLINE PRINTED COPY WHYTRY ONLINE PRINTED COPY. Four steps to tearing off your label: 1. Identify: How is your label working for you? ≠ What labels do you have that are getting in the way of your opportunities?

I immediately remembered what drew me to that collection—the gorgeous designs, colors of cream, various hues of aqua, brown and coral. And, I found upon viewing these papers again that they sparked a renewed energy and inspiration. So I set about creating this junk journal. The size of the journal cover is 4. It is a pamphlet style with one signature. There are 54 pages in total which includes both inside covers and the short papers. Some of my favorite features in the journal are as follows: I resolved this by affixing this pretty filigree pendant on top of the button and sewed it down through the underneath button and fabric. Inside cover page features an aqua ribbon woven through a flower lace pattern and tied at the middle. I must do this again, as I love the effect. As I reached down to pick it up, I envisioned what it could look like slathered in gesso with pretty embroidery thread wrapped around the twig. They are so unique in their design and the paper quality takes on inks and staining beautifully. I save some of the die-cut remnants and used them as collage pieces. I think die-cuts and chipboard remnants add a lot of interest in a collage with very little bulk. Vintage Photo of Little Girl on Chair: I adore this photo of this young girl sitting on the chair with her legs dangling from the seat. You can tell her sweater is skewed because one side is longer than the other—I think she dressed herself that morning. I had these little bits of trim left over from a previous project, and I thought I could use them to adorn the photo. The trim was placed on layers of paper and sewn in places for more texture and topped off with more ribbon and a petite size jewelry tag. The element piece became a pocket on the page. Some embellishment pieces just design themselves and this is a fine example. I think these page tabs are one of my favorite embellishments to create. Open it up and apply layers on both sides of the torn fold with a lacy bit, sari silk ribbon, embroidery or metallic threads, and sew them down in a straight stitch and zig zag stitch, and with a threaded fine needle weave in some pretty beads, or add a button. Thank you for viewing, and I hope I have inspired you to use some of these ideas in your junk journals too.

Chapter 4 : RFID News Roundup - - Page 1 - RFID Journal

Four steps to tearing off your label: 1. Identify: How is your label working for you? What labels do you have that are getting in the way of your opportunities?

This group, which is facilitated by the school counselor and the career advisor, will teach students skills necessary to find a good job. Students learn how to write a resume, a cover letter, and a thank you note, learn how to interview effectively, and also learn how to communicate effectively on the job. The Job Skills Group meets once a week for 4 weeks. This group, which is facilitated by the school counselor, will give male students a chance to learn about and discuss topics such as bouncing back from tough times, being a responsible citizen, understanding the importance of trust and respect, and other topics relevant to teen males. The group meets once a week for 4 weeks. Girls Group A 4-week group facilitated by the school social worker and a registered nurse. Topics for the 4 weeks include: Topics covered in this group include: This class includes special speakers from the community including a police officer, an attorney and a financial expert. Young Parents Group An open-ended group facilitated by the school social worker. Expecting and young parents are encouraged to attend. The group meets in The Nest, the room provided for young parents and their infants until the infants reach 6 months of age. This is a support group. We also provide an educational piece for the parents by connecting with community resources and educational components. Why try in life? We will talk about social and emotional resiliency in life. We will present tools and discuss using them in surviving everyday life. Primarily designed for students on IEPs but open to all students this group focuses on building up functional job-related skills, working on social skills, and identifying personal strengths and weaknesses. Topics include everything from skills that are needed for employment to social media safety and awareness. South Central High School.

Chapter 5 : Blank label after printed label ZQ | Zebra Technologies Developer Portal

Learning Activities. This page is your source for worksheets, handouts, and object lessons found in the WhyTry Learning Activity Expansion Pack.

Chapter 6 : Why Try Program Teaches Students Respect Youth First

Tearing Off Your Labels 1 team 2 teams 3 teams 4 teams 5 teams 6 teams 7 teams 8 teams 9 teams 10 teams 11 teams 12 teams 13 teams 14 teams 15 teams 16 teams Press F11 View > Enter Fullscreen for full-screen mode.

Chapter 7 : Make Your Own Junk Journal- Free Online Course! - The Graphics Fairy

Why Try Program; Drill Team; 3/11/13 Positive and negative labels 2/26/13 "Tearing off your Label packet class activity Group discussion and journal activity.

Chapter 8 : Why Try Curriculum - Ms. "C" Lipsig

The WhyTry Activity Expansion Pack will increase your ability to engage your youth in an experience that will meet their specific needs using their specific learning styles. The activities in this packet are easy to read and understand, easy to implement, and easy to integrate into.

Chapter 9 : Why Try Program | Berkshire Farm Center and Services for Youth

This is the Hip Hop labels song from the WhyT. Tearing off your labels Social Sciences. 7, views subscribe 1. Video not playing, click here. WhyTry Program.