



PATHWAYS TO
WELLBEING

THE
HOLBURNE
MUSEUM

Folded Minibooks Squash Book



**WORKSHEET CREATED BY-
KAREN WOODFIELD**



Share a photo of what you make Send it to e.blythe@holburne.org and checkout Instagram #changing_lives_through_art to see some of the things people have made this week



HERE ARE YOUR INSTRUCTIONS

Are you sometimes at a loss to know what to do with all the artwork you make?
Compiling your work into books is a lovely way to collate your work. It first appears to be a lot of steps but once you get started it's not too tricky and I am sure you will be inspired to make a few more for gifts too.

There are a few options on what you might use your squash books for -
These little books can be made in any size but the dimension below are designed so you can add the work created in the Mindful Doodling activity sheet.

FIND IT HERE

<https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/activities/>

* Use your Mindful Doodles to decorate the front cover and/or the inside pages.

* Make a mini sketchbook - use your own art work from your other Pathways worksheets for the cover and leave pages blank to add new art work.

STEP 1 CUT ALL MATERIALS

Final dimensions of your book will be 9.5x9.5cm square

- Unseen core of front and back cover - Two 9.5x9.5cm square **cardboard** from a cereal box
- Front and back cover paper - Two 10.5x10.5cm pieces of **patterned paper** such as good quality gift wrap, brown paper, scrapbooking paper or your Mindful Doodles drawn on cartridge paper
- Inside pages - Three pieces 17x1cm square of **light weight card or cartridge paper** (note- you can make more pages but there MUST be an odd number)
- 45 cm **flat ribbon** approx., between 5-8mm in width

OPTIONAL

- Four 8x8cm squares PLUS six 8x8cm squares cut in half across the diagonal to decorate the inside. You could use your Mindful doodles OR coordinating card and patterned paper.
- Optional decoration for the front cover



INSTRUCTIONS CONTINUED

STEP 2 MAKING THE COVER



Add glue to the square piece of cardboard

TIP - GLUE ON THE PLAIN SIDE TO STOP THE PRINTED DESIGN SHOWING THROUGH YOUR COVER PAPER.

Centre your square piece of cardboard onto the wrong side of your cover paper.

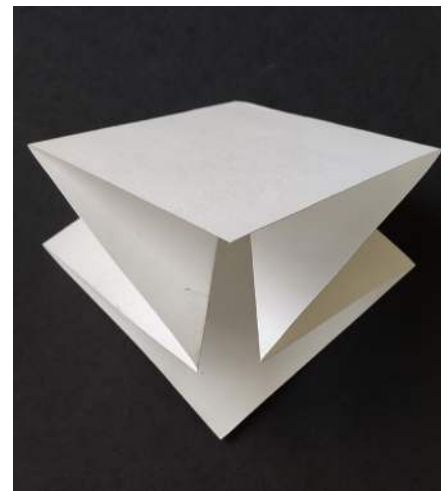
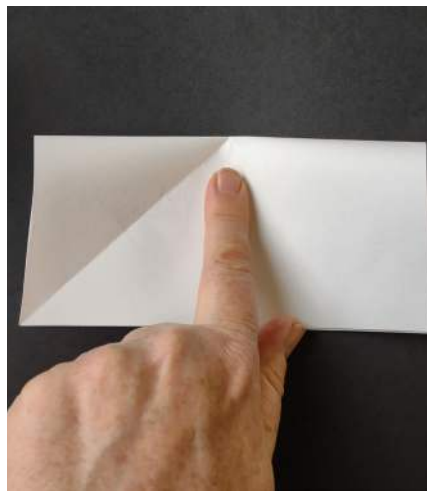
Cut corners off, leaving a small gap of 1 to 2mm gap as shown and fold-edges forward, press into place. Check the corners come together before gluing into place.

Repeat with the second cardboard square

TIP – IF YOU ARE NEW TO FOLDING THEN PRACTICE ON SOME SCRAP PAPER FIRST

TIP - FOLD AS NEATLY AS POSSIBLE FOR A GOOD FINISH

TIP – PRESS EACH FOLD FIRMLY OR USE A BONE FOLDER OR THE BACK OF A SPOON TO SMOOTH THE CREASES



STEP 3 FOLDING THE INSIDE PAGES

With the wrongside (or back) of the paper facing up, fold 17cm square paper/card in half across the diagonal. Open up and then turn over

With the right side (front) facing upward fold in half horizontally as shown in the middle image.

Open up and fold in half vertically to create 4 evenly sized squares.

With your paper right side up, take the end of your finger and press down on the centre where all folds intersect... it "jumps" a little– and you fold your "squash flower" into the shape seen here.

Repeat with each sheet of 17cm paper/card



LETS ASSEMBLE THE BOOK



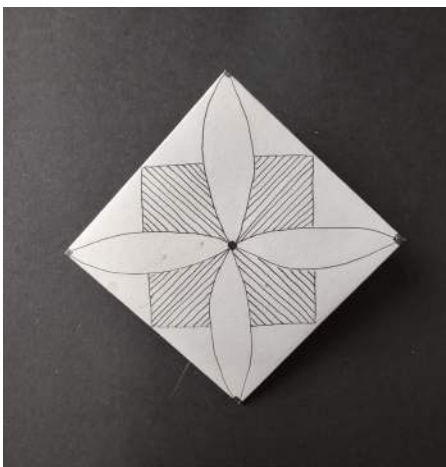
STEP 4 GLUE THE INSIDE PAGES TOGETHER

Open up the first of the inside sheets. Lay out diagonally, and place it with the diagonal fold pointing down. Add glue to one of squares.

Take the second of your inside sheets, unfold with the diagonal fold pointing up. Adhere one square to the square of the middle piece.

Take the third section of inside sheets with the diagonal fold pointing up. Adhere the third piece of the inside sheet to the other side of the second piece.

Fold squash book shut and check it folds neatly together.



STEP 5 ADDING THE COVERS

Take your stack of folded inside pages, add glue to the outside top page, place the BACK cover centrally and firm down.

STOP – you need to add the ribbon before you glue on the front cover

Lay your ribbon centrally to the front cover with approximately 22cm out on one side and 15cm on the other.

TIP - THIS WILL ALLOW THE BOW TO BE TIED AT THE SIDE OF THE BOOK, IF YOU WANT THE BOW ON THE FRONT OF THE BOOK THEN THE RIBBON SHOULD EXTEND EQUALLY BOTH SIDES OF THE BACK COVER.



Glue down the folded stack onto the FRONT cover with the ribbon sandwiched between the two.

Press all the elements down. Go to step 6 or leave to dry

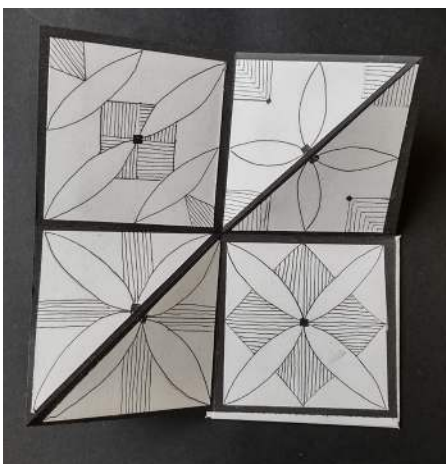
Once dry fold shut and tie the bow

STEP 6 OPTIONAL STEPS

*Decorating the inside – use your Mindful Doodles to decorate the inside using squares and triangles to cover all, or some of the pages.

*Photo album – add photos and/or a mixture of decorative paper or add blank paper to which words can be added.

*Pressing – untie the bow, fold and press under a few heavy books for a day or so.



WELL DONE ON MAKING YOUR FIRST MINIBOOK



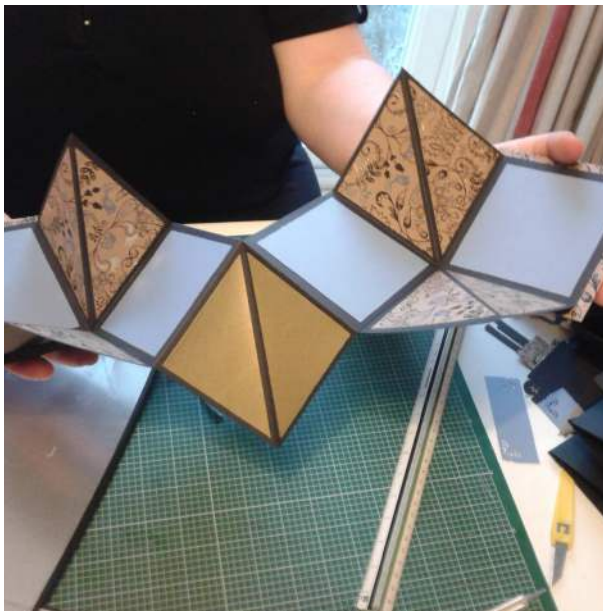
MORE IDEAS TO TRY



Work created in the Holburns bag workshop used to decorate the front cover



Decorated front cover with patterned themed paper with a springtime/ Christmas themed paper



Inside cover decorated with patterned recycled giftwrap



Decorated inside of photo album with patterned themed paper with a springtime theme

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