

# Surcee Farm

a farm of unexpected surprises

A therapeutic environment,  
of plants & animals,  
for all in need



## Therapeutic Horticulture Activity Making a Garden Journal

Source: Farm at Penny Lane/NCBG/Rieppe Hendrick

Form Prepared by: Rieppe Hendrick

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Overview: Making a journal out of cereal boxes that the pages can be customized and added to in future sessions.

### Precautions:

1. Sharp scissors used.
2. Glue used and may need hand washing during or after activity; can consider disposable gloves if washing is an issue and participants are open to use.

Completion Time: 45-60 minutes, depending on the level of adornment of book; activity can be done in stages

and spread over several sessions (ex. 1st: cut boxes and cover with base paper or color; 2nd: adorn/decorate/personalize outside of boxes; 3rd: decoupage/protect outside of books).

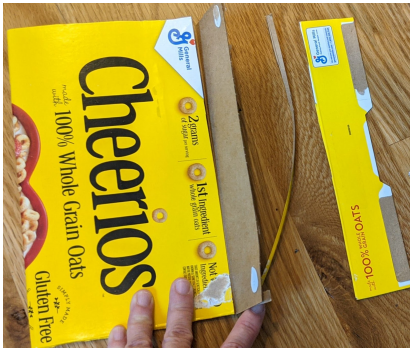
## Materials: (10 participants)

1. Large cereal boxes (5)
2. Scissors (11 ideal)
3. Various craft paper or wallpaper samples (multiple pieces to cut)
4. Images for decoration; example, craft paper images, magazine images, images printed off internet search (multiple choices to facilitate customization by participants)
5. Glue sticks (10 ideal)
6. Markers and/or pens (variety of colors)
7. Sponge/foam paint brushes for decoupage (10)
8. ModPodge or equivalent (enough to cover outside of books with 2 coats)
9. Table protection from glue; example, tarp/disposable tablecloth/cardboard covered in tin foil (1-10 depending on what is used)
10. 8.5"X11" paper folded in half for inside pages of book (40+/-)
11. Inside cover pages, optional (10) see attached
12. Rubber Bands or string to serve as binding (11-13)

## Pre-Session Prep:

1. Collect cereal boxes; 1 box will make 2 journals.
2. If cutting boxes is not appropriate for participants then pre-cut the boxes; from a large cereal box, pull apart so the intact box lays flat; cut small sides away from big sides so you are left with 2 flat pieces which are the large sides of the box with the bottom and top flaps on both; fold the large pieces in half; if you would like to have a flap from back side of book to come over the front cover then remove one side of the bottom of the box (see image below); you will likely need to trim a little extra to allow the flap to come over the side; if you do not want a flap over the cover then cut away both both pieces of the bottom and top of the original box (see image below).

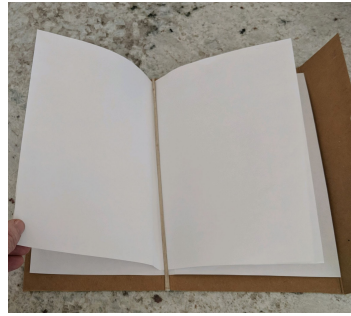




3. Gather remaining materials needed.
4. Make example to show participants finished and/or examples of progression of steps

### Step-By-Step Process/Instructions:

1. Use template of book to mark boxes
2. Cut boxes (see above "Pre-Session Prep" step "2")
3. Cover books with either paint or paper
  - a. Paint: lay book flat with exterior of both sides showing: apply color of choice
  - b. Paper: cut scraps of paper to cover the outside of the book and glue.
4. If further decorations or writing is desired do that.
5. Add modge podge to the entire cover of the book; set it aside to dry.
6. If you are using the interior cover pages, print the attachment below and glue it to the inside of the cover; allow glue to dry.
7. Fold 8.5"x11" paper to be used as interior pages in half.
8. Add rubber band or string to serve as binder to keep the pages and cover together.



## Tips:

1. Don't paint the exterior of the box, rather put the printed side of the box as the inside of the cover and the cardboard/brown side as the exterior of the cover; if you would like to cover the cereal box printing on inside glue a piece of paper to that.
2. If having rubber bands or longer pieces of string are of concern, hole punch the cover and the interior pages and bind with small string through holes.
3. Embellish the outside of a solid color cover with magazine clippings, stamps, personal artwork, etc.
4. Use composition books instead of cereal boxes.

## ATTACHMENTS:

[W Garden Journal Inside Cover Page. Final.docx](#)

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