

Family Art from Home

Profile Memory Book

by Radka Apostalon

Journals are wonderful tools to preserve your ideas, experiences and sketches. In this project you will create a personalized memory book. Once completed, memories and stories of 2021 are ready to be recorded and never forgotten!

Supplies Needed

- White Office Paper
- Scissors
- White Card Stock, Watercolor paper
- Cardboard or Cereal Box
- Watercolors , colored pencils or oil pastels
- Ink
- Hot Glue Gun and Glue Stick
- Yarn, Raffia or Aluminum Foil
- String
- Wire
- Plastic Knife (optional)
- Pencil
- Hole punch (optional)

How to Do It

1. Watercolor paper is the best material to make your ink pattern cover. If watercolor paper is not available practice and experiment with plain office paper. Neither is sturdy enough for the cover so it will need to be glued to thin cardboard or a cereal box to create support. If you choose to work with sturdier cardstock, you will not need the cardboard.

2. Wet the paper surface until it is shiny without big puddles. Dip the pointy tip of your brush in the ink or diluted watercolors and quickly and lightly touch the surface. Ink will spread accordingly to the amount of water on the surface. Try different strokes, quick dots or drawn longer strokes with a dull blade of a plastic knife dipped in the ink. Let dry.

3. Now you can create your profile for the front cover. Place the dry ink patterned paper on the table with your head laying sideways on it. Trace your profile with a pencil. Cut out your profile and trace two more identical profiles from plain watercolor paper or cardstock for the covers. Paint them with colors of your preference. These painted profile covers will become the inside covers of the book. Set aside. Let dry.



Albuquerque Museum

2000 Mountain Road NW
Albuquerque, NM 87104

505-243-7255 • cabq.gov/museum

ONE
ALBUQUE
RQUE cultural services

4. Observe the ink pattern on your profile cutout to see if any facial features appear. If not you can cut them out from the remaining pattern paper and glue them on. Use color pencils or oil pastels for surface embellishment.

5. Hair can be made out of the office paper by running a wet brush vertically on the sheet and tearing the strips along the waterlines. The water will soften the paper making the tearing easier. While the strips are still wet you could brush the sides with ink (see final sample). Yarn, raffia and aluminum foil are suitable materials as well. Let dry.

6. Now create the memory book pages by taking a couple of office paper sheets, folding in half and trimming to the size of your cover. Punch or make two holes with scissors at the opposite edges of the fold, about half an inch from each edge. Pull a string in and out the holes in a 'figure 8' stitch and secure with a knot at the starting point to bind the pages together. The pages will create an insert that can now be glued to the back cover.

7. The back cover needs to be cut to the spine of the paper insert the so book can open easily. Embellish the back of the cover with decorative paper if desired.

8. Take the front cover and glue to cardboard or cereal box if needed. If you are working with a front cover made out of sturdier card stock, glue the insert pages directly to the cover. Glue to insert pages to complete your book.

9. A loop made out of wire can be inserted in between the cover and its backing so your book can be hung as a picture when not in use.

