

MAKE YOUR OWN SCIENCE NOTEBOOK!

3-hole pamphlet stitch binding

Craft your own notebook to write all of your observations and hypotheses!

Tools:

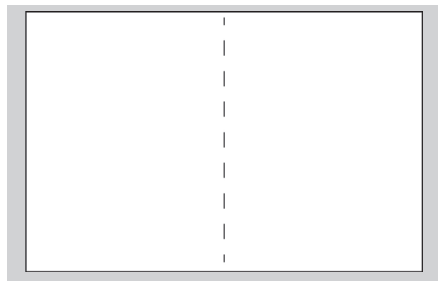
- Awl or hole punch; or thick needle
- Scissors
- Needle
- Bee's wax or bar of soap (optional)

Materials::

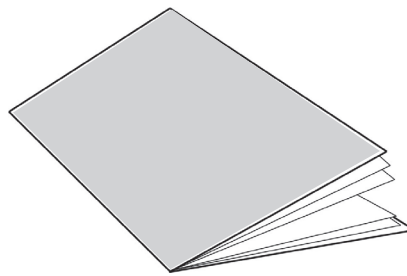
- 3-5 sheets of paper for the inside
- 1 sheet of slightly heavier or colored paper; can be slightly larger or same size (cover)
- Thread (can use yarn, embroidery floss, heavy sewing thread, baker's twine, etc.)

Steps:

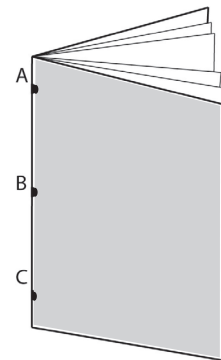
1. Order your papers so that the cover is at the back and the textblock pages are in front.
2. Fold the pages in half.



Step 1



Step 2



Step 3

3. Once folded with papers still in a stack, make three holes along the fold: hole A about 1" from the top of the page; hole B in the middle of the page along the fold; hole C about 1" from bottom of page. Depending on your tools, you have options:
 - *Use hole-punch or scissors folded to make the holes
 - *Use awl or thick needle with papers to push through the pages



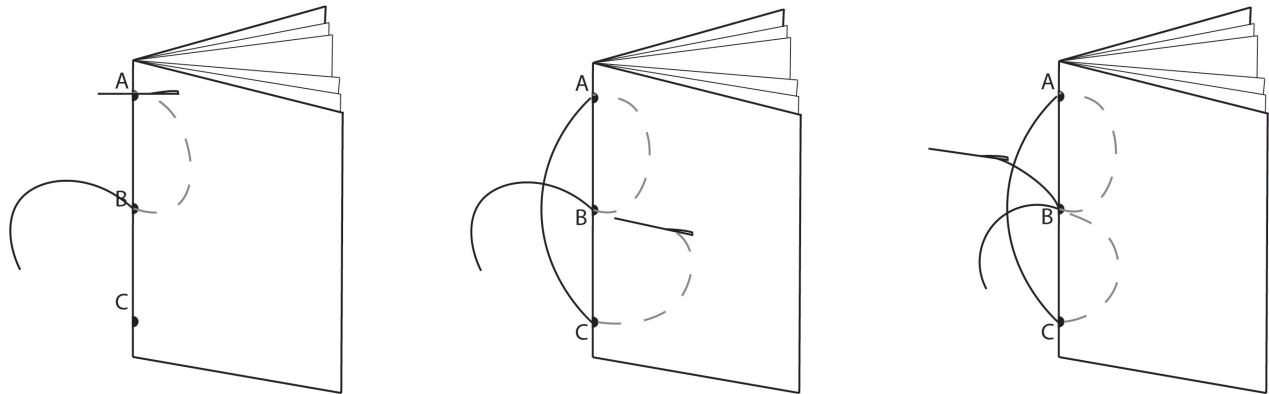
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- Cut a piece of thread a little more than twice the height of your book. You can choose to wax your thread at this point to make it easier to sew and hold a tighter knot: hold the thread against the wax with your thumb and gently pull the thread with your other hand so the full length is pulled against the wax; repeat process starting with the other end of the thread. Waxing the thread is not necessary, though!
- Time to sew! Thread the needle. Starting from the outside of the book, insert the needle through hole B (the center) to the inside. Pull until only a few inches of thread are hanging outside the book; we'll use this to tie the knot. Then insert the needle into hole A (the top) from the inside, follow by going through hole C (bottom) from the outside, and finally insert the needle back into hole B (the center) from the inside.



- Once both ends of the thread are outside the book, tie a simple knot making sure to cross over the thread going down the length of the book. Trim excess to no less than $\frac{1}{4}$ ".



Take a picture and share it with us on social media!



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