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Stress-Free Scrapbook Journaling Ideas

By Elaine Clay

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by: **Elaine Clay**

Do you find it intimidating when you come to journal your scrapbook pages?

You are not alone! Many scrapbookers find it hard to get started when it comes to adding journaling to their scrapbooking layouts.

If you are one of those people who go blank at the thought of having to journal, don't worry. Here are some stress-free scrapbooking journaling ideas to help you write the right words whatever your page theme.

Make a list.

This is a fairly simple journaling technique that is suitable for use with any type of page theme, for example:

Doing a friendship page – list how you met, where you met, how long you have known each other, include what you like about your friend and why you are both pals.

Doing a recipe scrapbook page – then make a personal top 10 list of reasons why you like Grandma's chocolate cake so much.

Doing a baby layout – do a list of baby's favorite foods, you can even do one for the foods they don't like!

A variation of this technique is to use bullet points to mark each line on your list, giving you an opportunity to empathise each item of your journaling: Anguilla April 2004 My first trip to the Caribbean This is the view from my hotel balcony overlooking the cove - I can't wait to go swimming the sea looks so nice!

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Make sure you have fun experimenting with all the different kinds of embellishments that you can use as your bullet points!

Another bonus with using the list technique is that you do not need to worry about the structure of your sentences or that your journaling makes sense because the list breaks down what you want to say into its basic readable form.

Write a Letter.

This is one of those great scrapbook journaling ideas that's fairly simple to do and it's also a lovely, personal way to journal your layouts too.

All you have to do is pretend you're writing to a friend telling them what is happening in your

photographs and including the "Dear" at the beginning of your writing will give your journaling an intimate feel.

Sent any emails lately? Like letters, emails are also a good source of journaling material that you can use for your layouts.

If you are unsure of your own journaling then doing it in a letter format could help your writing flow more easily, as you describe the people and the events taking place, letting you tell the story naturally and in your own words.

Ask a question.

If you are completely stuck and cannot think of anything to write this can be a good quick fix technique to use. Just ask some simple questions like, "What was your favorite part of..?" or "Did anything funny or embarrassing happen?".

This technique can be very effective when used for a special occasion layout, like a bridal shower, where you can ask each of the guests to tell you about their favorite memory of the bride-to-be.

Why not take it a stage further? Give each shower guest some suitable decorative paper and let them write down their own memories rather than journal all of them yourself.

For an extra special touch, you could get the guests to bring with them their favorite photo of the bride-to-be. Ask them to journal why they picked that particular picture and then do a separate layout for each individual photo.

This is an effective way to make a wonderful and unique scrapbook that is quick, simple and full of memorable pieces of journaling that add a very personal feel to the album.

If you are one of those people who find it difficult to begin the journaling process these fun scrapbook journaling ideas will provide you with some basic tips and techniques to help make it easier.

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So go on, try out the scrapbook journaling ideas above for yourself and add some stress-free journaling to your pages... Once you've finished you'll see that it's been well worth the effort.

Elaine Clay is the owner of

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The Power Of Scrapbook Journaling

By Elaine Clay

By journaling your pages you will transform an ordinary collection of photographs into a vibrant and visual storyboard – telling the stories behind the pictures, revealing hidden memories and emotions.

It will give your scrapbooks a unique and intimate feel, it is this personal touch that turns your albums into something very special.

That is the power of scrapbooking journaling and why it is one of the most important elements of your scrapbooks.

What to write...

When you are doing your scrapbook journaling think about the people who will read it in the future. Try and remember that they weren't there, give them as many details as you can so that they can relive your memories and stories for themselves.

One favorite scrapbook journaling technique is to write using the 5 W's method.

Who :: who's in the photo, who took it and who else was present. It is important to name the people in the pictures you use. People change throughout their lives, especially children, so it is vital to tell readers who they are looking at.

What :: what is the photo about? Describe what is happening.

Where :: where is the event in your photo taking place? Give some background information.

When :: when was the photograph taken? Give a specific date and include the year if possible.

Why :: why did you use this photo? Does it show a special event like a wedding or a milestone

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birthday? Explain why it is so memorable.

Tell the story...

Don't be afraid of scrapbook journaling. Just ask yourself, "What would I want to tell future generations about the photos on my page?" and then write it down.

A tip to remember is that all stories have a beginning, a middle and an end.

For example, a nice way to start off your scrapbooking journaling is to give your album a title page. Use one of your favorite photos and write down who or what your album is about, you can even include famous sayings, quotes or a special poem if you want.

This leads nicely onto the 'middle' part of your story, the actual scrapbook pages and when you get to the 'end' make a page about yourself. Perhaps use a picture of you working on one of the pages and explain why you have made the scrapbook.

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