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Impair Healthy Healing In People Over The Age Of 30!

What You Need to Know to Make a Scrapbook

By Marcus Harbert

The first thing you need to know about making a scrapbook is that it isn't a complicated process at all. Scrapbooking isn't just for the 'crafty' person among us either. In fact, you don't need to have any 'crafting' skills at all, in order to create a scrapbook of memories that will last for generations to come.

Scrapbooking is a way to take those photographs, and things that hold special meaning, out from the standard, and (yawn) boring photo albums, and the boxes where they are being stored, to add personality to and truly capture the 'essence' of what these mean to you.

There are so many books, DVD's, software programs, scrapbook stores, and internet sites dedicated to scrapbooking that anyone can do it. In books, and DVD's about scrapbooking you will find ideas and tips on how to create personalized pages for your scrapbook, some even have patterns that are easily copied for use in the designing of your scrapbook. Most software programs have templates built into them for a fast and simple way to decorate your scrapbook. Scrapbook stores, online and off, and web sites for scrapbooking are all good resources to find design ideas for your scrapbook as well as the supplies you will need to complete your project. You will even find information on how best to join or bind your personal pages together once you have created them to make a lasting keepsake that you will cherish. With such a wealth of information, materials, supplies, and services available today: it is no wonder that scrapbooking has become so popular, and fun for so many.

Some of the unique supplies available for you to use in making a scrapbook and that also helps to make this such an easy and enjoyable activity for so many include items such as:

- Stickers
- Pre-Filled Labels
- Patterns
- Stencils
- Serrated- Scissors
- Designer Papers
- Glitter Pens
- Cut-outs

What You Need to Know to Make a Scrapbook

- Ribbons
- Buttons
- Binders

Making a scrapbook of memories doesn't have to be an expensive endeavor either. You can find many of these things at discounted prices and you may already have some of these items around the house, in the kids craft box for example. Scrapbook making is especially fun for children. Let them get out the construction paper and cut out picture from magazines or old greeting cards to glue on their very own special pages. Encourage them to be creative using markers, crayons, glitter pens, stencils, buttons, small pieces of fabric, or whatever else you can come up with together. You can punch holes in the pages that they create and then let them loop the pages together with ribbon or yarn. This is an activity that will keep the kids busy for long periods of time and is also an activity that you can enjoy right along

with them.

Once you have all constructed your own unique scrapbooks, you can share them with one another to get a different perspective on old photographs and memories. Recall the memories of the events displayed in your scrapbooks and share love, laughter, and life-lessons with each other.

It is time to bring those pictures and mementos that hold such precious memories, out from the confines of drab albums and dark boxes, so that they can be displayed in a manner that best represents their full meaning to you and those you share these treasure books with. Create your keepsake treasure by making a scrapbook today!

This article was produced for

<http://www.Lostcrafts.com>

, a site which is dedicated to preserving the crafts and trades of yesterday.

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 You Need to Know to Make a Scrapbook

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 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.

Elaine Clay is the owner of [Online-Scrapbooking-Guide.com](http://www.online-scrapbooking-guide.com) :: your one-stop online scrapbooking resource. Find inspiration, increase your creativity and have fun with our helpful tips, ideas, articles and much more. – Feel free to use the above article on your web site or ezine. Provided that it is published in it's entirety, including my resource box above and a "live" clickable link to:

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What You Need to Know to Make a Scrapbook

Scrapbooking Basics

Scrapbooking For Generations

Hints And Tips On Scrapbooking Baby's "Firsts"

Deco–Pages Unique Scrapbook Accents

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