

Household Items to Reuse & Upcycle in Your Journals

When it comes to looking around your home – you may be surprised how much stuff you have to work with in your journals and crafting endeavors! Below are some lists inspired by the article written for Archer & Olive, and some space for you to experiment with what you have on hand!

Add into journal:

- Receipts
- Ticket stubs
- Packaging
- Tissue
- Tags/labels
- Maps, brochures
- Bags, napkins
- Confetti, party décor leftovers
- Anything that fits, and sparks a new idea!

Items to create with:

- Cardboard
- Metal utensils (such as cookie cutters, tins, lids)
- Items
- Bubble Wrap
- Utensils (plastic knife, straw, skewer...)
- Egg Carton
- Paper Towel
- Anything with cool texture!

Here is some space to ink, color, or paint some found materials, and see what sorts of stamps and stencils you've found!

I hope this encourages you to check out what you have around the house, and create more from what you have on hand.