



# brains on!

## CURIOSITY KIT: BOOKS AND THE BRAIN

### ACTIVITY OBJECTIVE:

Kids will bind their own blank books to take home. Kids will measure and use fine motor skills.

### MATERIALS/SETUP:

Portable speaker and device to play the episode

Cover paper (1 sheet of cardstock per kid)

Plain paper (5 sheets of unlined printer paper per kid)

Pencils

Binder clips (2 per kid)

Awl (push pins work if an awl is not available)

Scissors

Rulers

Needles (blunt-tip bookbinding needle is preferred)

Thread (waxed thread or linen thread is preferred)

Book press (a stack of heavy books work great)

Materials to decorate the cover (ex: markers, crayons, old magazines, decoupage sealer)

### INSTRUCTIONS:

(Consider doing the activities while listening to the podcast.)

1. Hand out 5 pieces of plain paper, 1 cover paper, pencil, and 2 binder clips to each kid; have rulers and scissors available at the table.
2. Kids stack the papers with the cardstock on the bottom. Binder clips will hold papers together.
3. Kids use the ruler to find the center of the paper and mark it with a pencil.
4. The book will eventually fold the “hamburger” way (along the longest side—but don’t fold yet). Have kids mark dots 1.5" away from the center, 2 up from the center, and 2 down from the center. They should have 5 dots equidistant from each other when done.
5. Kids use the awl to punch through the 5 holes. (Adult help may be needed.)
6. Hand out needle and thread. (Depending on their age or your time constraints, you may want to pre-thread the needle.)
7. Kids start sewing through the center hole of the plain paper, toward the cover (the cover is still on bottom) and leave a 3" tail—do not knot the thread.
8. Sew outward toward the edge into the next hole, and then the next, the stitch will be seen on the paper, then the cover alternately.
9. Now start sewing back into the holes again toward the center of the book. The stitch should be seen on both sides now.
10. Once in the center, repeat toward the other side and back toward the center again.
11. Once back in the center, double knot the thread on the inside of the book and trim the thread.
12. Fold the plain paper so it makes a book. Before folding the cover over the paper, fold it the opposite way (toward itself) to get a good crease.
13. Allow time to decorate the cover (This might be a good time to listen to the podcast.)



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### QUESTIONS ADULTS CAN ASK:

(Don't forget to keep your hands off the project!)

- If you were to publish a book, what kind (genre) of book would it be?
- What would happen if you tried this method (saddle stitch) for a bigger book?
- What are you going to put in this book?
- What's the best book you've read so far? What makes a book your favorite?

### ADAPTATIONS ADULTS CAN OFFER:

- Show kids books with different kinds of bindings, have them sort them by binding type.
- Make paper, make zines, stamp words/poems replicating a printing press, make your own book press

### ADDITIONAL RESOURCES:

#### WEBSITES:

[https://www.youtube.com/watch?time\\_continue=282&v=aWHkY5j0oqM](https://www.youtube.com/watch?time_continue=282&v=aWHkY5j0oqM)

<http://www.designsponge.com/2013/03/bookbinding-101-five-hole-pamphlet-stitch.html>

#### BOOKS:

*The Bookbinding Handbook: Simple Techniques and Step-by-Step Projects*  
by Sue Doggett