




DIY Dream Journal




Supplies:

- Sheets of paper
- Cardstock (for the cover)
- String (about 2–3 ft)
- Hole punch
- Scissors


Optional:
Markers, stickers, stamps,
or anything you want to
decorate your journal with

1




Start by folding 10–20 sheets
of paper in half to make your
journal pages.

2




Use a hole punch to make 3 to 5
holes along the folded edge on
the left side of the pages. This
is where your string will go.

3



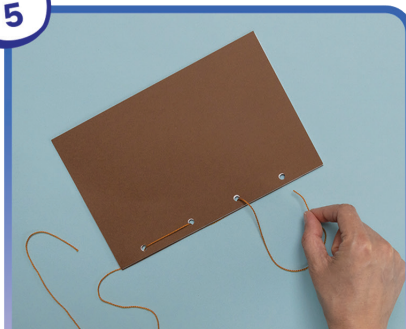
Cut two pieces of cardstock to
match your pages for the front
and back covers, then punch holes
in the same spots so everything
lines up.

4



Cut a long piece of string to weave
through the holes and tie at the
end. Make sure it's long enough
to go in and out of each hole.

5



Stack your pages between the
covers, thread the string through
the holes, and tie it tight.

6



Decorate your cover to make it yours, and don't
forget to write your name. Now your journal is
ready to hold your dreams!



Ask an adult to help
you with this project



Date: _____



Use this page
as inspiration to
decorate your
dream journal!

My Dream Journal

Last night I dreamed that...

Did something from real
life sneak into my dream?
Think about your day before bedtime!

My dream
made me feel...

Circle as many as you want or
add your own.



Happy



Calm



Sad



Angry



Worried



If my dream was a movie,
it would be called...

The part I remember
the most was...



Scan here for more
In Your Dreams fun
on YouTube!

