



# Wakefield & 5 Towns Recovery College



## Book Folding



With **all of us** in mind.

## IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website [www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk), clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email ([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay safe.

Thinking of you all, from  
Your Recovery College Team.



With **all of us** in mind.

# Book Folding

## With Emma

Emma, one of our talented volunteers here at the college who co-facilitates several of our courses, has been busy at home making some of her book folding creations.

Emma started as a student on our book folding course and now delivers the course herself!

Over the next few slides, Emma will take you through several easy step-by-step instructions to follow, with photos, so that you can make your own heart design book folding piece.

**Have fun!!**



With **all of us** in mind.

## What do you need?

Here's a list of the bits and bobs you'll need before we get started...

- A hardback book (paperback will work, but won't stand up on its own as well)
- A pencil
- A ruler



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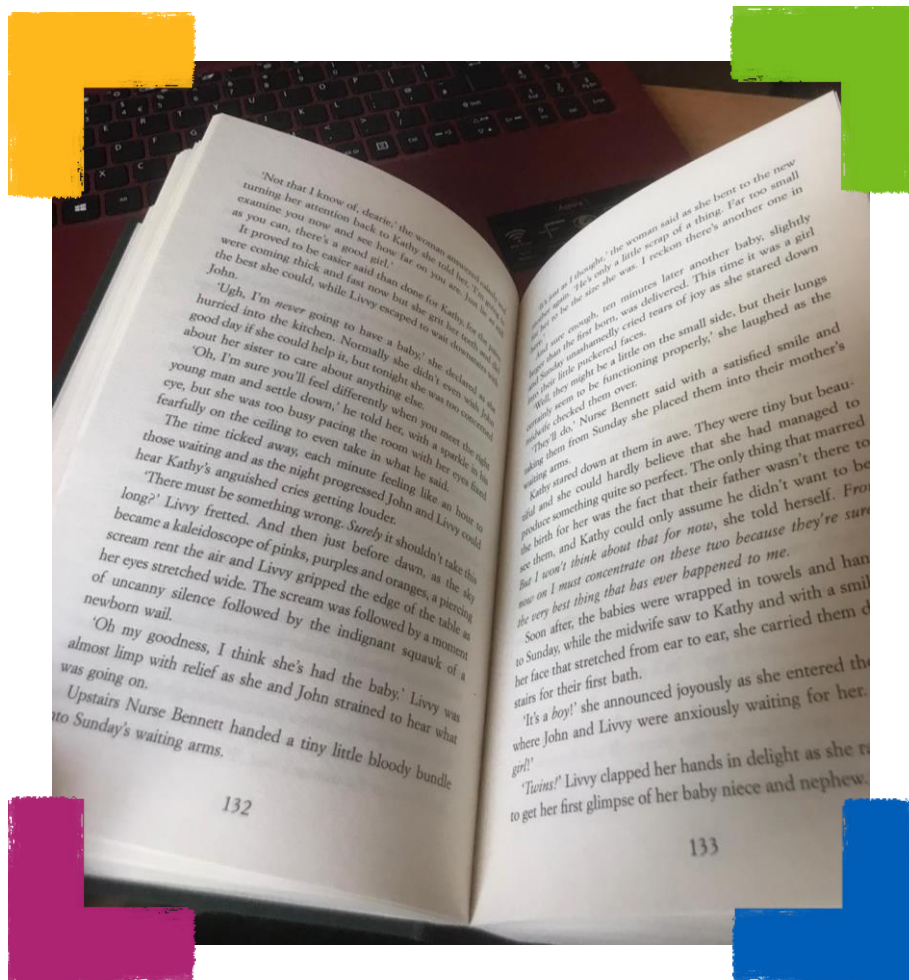
A large circular graphic composed of numerous blue brushstrokes of varying lengths and directions, creating a textured, sunburst-like effect around the central text.

**Let's  
get  
started!**

With **all of us** in mind.

# Step 1

Open your book in the centre (the page right in the middle of the book) and count backward 20 pages. This will be your starting page. The reason we do this is because your pattern is 40 stages long and, as we want the design in the middle of the book, we count back the number of pages equal to half the total number of stages.

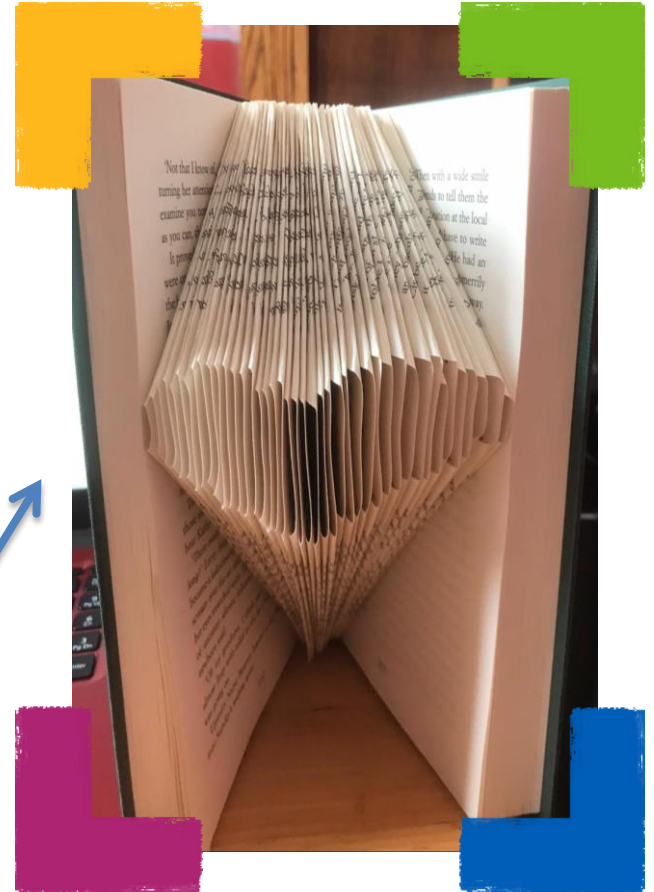




## Step 2

You will be making a heart shaped design in your book. To make any design, you will need to follow a pattern. In book folding, a pattern consists of several measuring points (start and end points) that you will mark on your book.

More about the technique in a moment...on the next slide, you can find the pattern we'll be using for the heart design. This is what it should look like when it's finished!



# Measuring Pattern



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## Start

- 1) 7.7cm
- 2) 7.1cm
- 3) 6.8cm
- 4) 6.6cm
- 5) 6.4cm
- 6) 6.3cm
- 7) 6.2cm
- 8) 6.1cm
- 9) 6.0cm
- 10) 6.0cm
- 11) 6.0cm
- 12) 6.0cm
- 13) 6.0cm
- 14) 6.1cm
- 15) 6.1cm
- 16) 6.3cm
- 17) 6.4cm
- 18) 6.6cm
- 19) 6.8cm
- 20) 7.1cm
- 21) 7.1cm
- 22) 6.8cm
- 23) 6.6cm
- 24) 6.4cm
- 25) 6.2cm

## End

- 8.9cm
- 9.6cm
- 10.1cm
- 10.5cm
- 10.9cm
- 11.2cm
- 11.6cm
- 11.8cm
- 12.1cm
- 12.4cm
- 12.6cm
- 12.8cm
- 13.1cm
- 13.3cm
- 13.5cm
- 13.7cm
- 14.0cm
- 14.2cm
- 14.4cm
- 14.6cm
- 14.6cm
- 14.4cm
- 14.2cm
- 14.0cm
- 13.7cm

## Start

- 26) 6.1cm
- 27) 6.1cm
- 28) 6.0cm
- 29) 6.0cm
- 30) 6.0cm
- 31) 6.0cm
- 32) 6.0cm
- 33) 6.1cm
- 34) 6.2cm
- 35) 6.3cm
- 36) 6.4cm
- 37) 6.6cm
- 38) 6.8cm
- 39) 7.2cm
- 40) 7.7cm

## End

- 13.5cm
- 13.3cm
- 13.1cm
- 12.8cm
- 12.6cm
- 12.4cm
- 12.1cm
- 11.8cm
- 11.6cm
- 11.2cm
- 10.9cm
- 10.5cm
- 10.1cm
- 9.6cm
- 8.9cm

With **all of us** in mind.



## Step 3

Take your ruler and line the 0cm mark up with the top of the page (this will be the right hand page).

Now make a small pencil mark at the first “start” measuring point on your pattern (7.7cm) and the first “end” measuring point on your pattern (8.9cm).

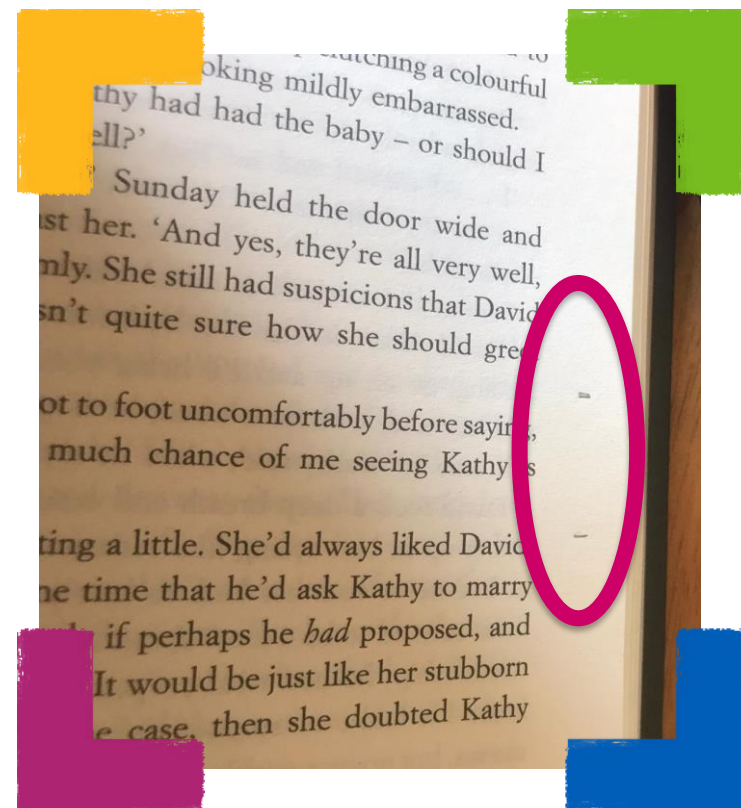
## Step 4

Turn to the next page and, again on the right hand page, make a small pencil mark at the second “start” measuring point on your pattern (7.1cm) and the second “end” measuring point on your pattern (9.6cm).

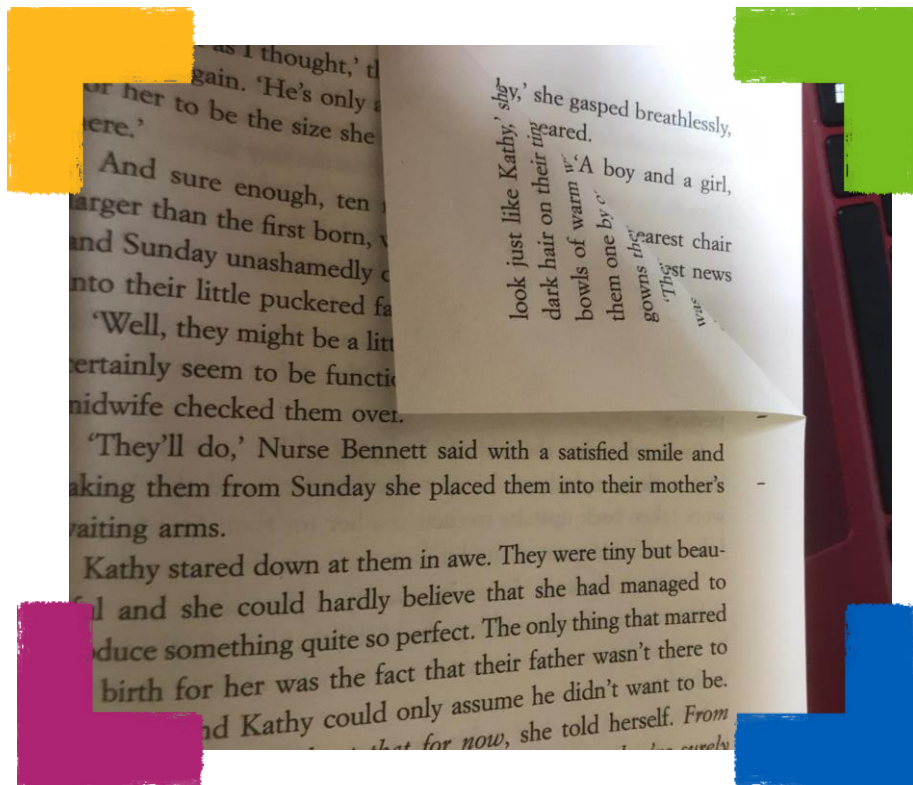
For each “start” and “end” measuring point on your pattern, turn a new page and continue to make these marks on the right hand page until you have finished the whole pattern.

### Emma’s Top Tip:

You will never be marking the left hand side of the pages for this pattern.



**Now you've finished marking  
your pattern “start” and  
“end” measuring points, go  
back to the first page you  
made any marks on...**

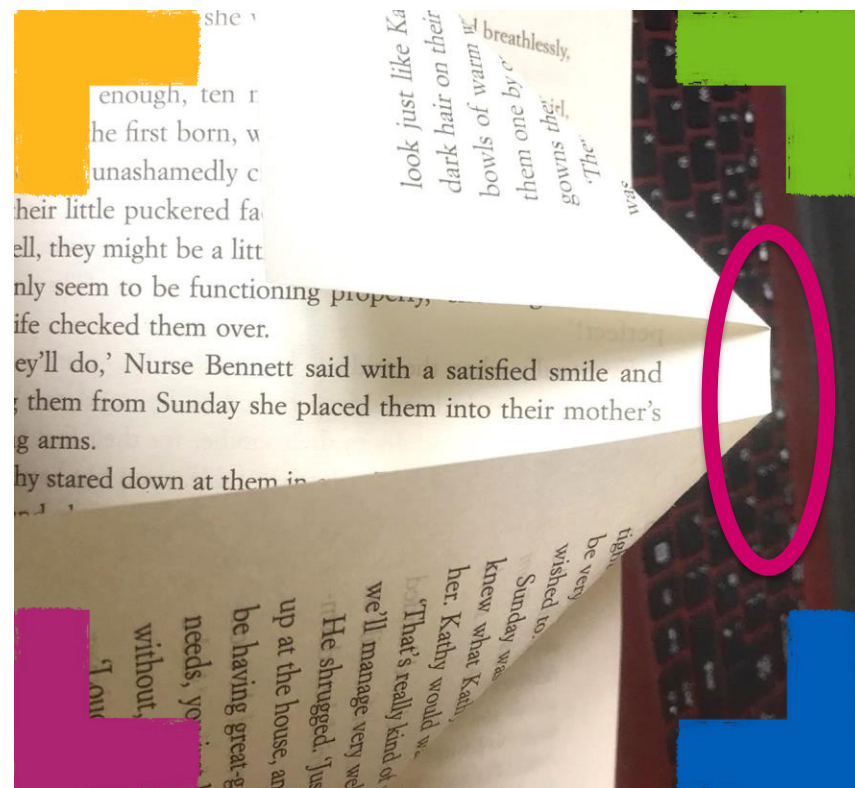


## Step 5

Fold the top right hand corner of the first page down towards the centre of the book to the first “start” mark you made. This should fold at a right angle in to a triangle shape and should line up with the straight line of the wording on the page (see photo). Make sure you put pressure on the crease so that the fold doesn’t spring up again.

# Step 6

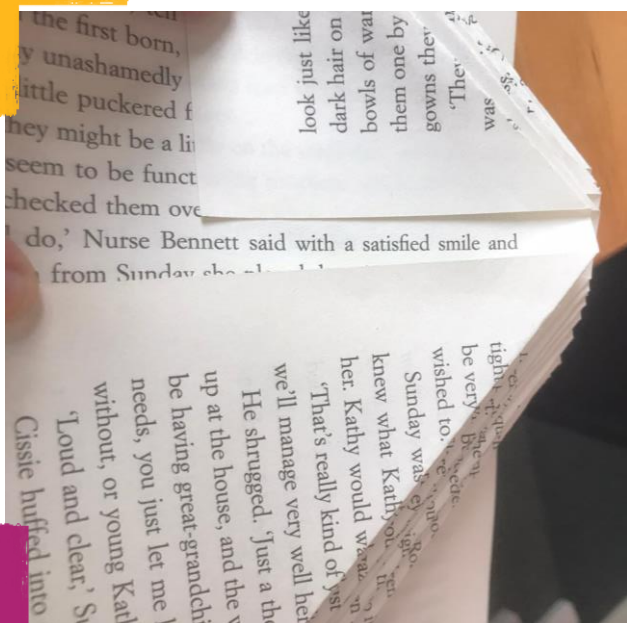
Fold the bottom right corner of **the same page** up towards the centre of the book to the first “end” mark you made. This should fold at a right angle also and again make a triangular shape lining up with the straight line of the wording on the page (see photo). Make sure you put pressure on the creases so that the folds don’t spring up again.





## Step 7

Turn to the next page you made your measuring marks on and repeat steps 5 and 6 on each page until you have made your folds on every page you have made measuring marks on (folding the top of the page for your “start” measuring mark and the bottom of the page for your “end” measuring mark).





## Step 8

You have now completed your heart shape – time to stand your book up and check it looks like a heart!

Well done!

Turn to the next slide for some more of Emma's Top Tips 😊

## Emma's Top Tips

Put something heavy on your closed book for 10 minutes after you complete it to really make sure the folds are flattened and keep their shape.

If you're giving the book as a gift, either wrap the cover in nice wrapping paper/wallpaper (like we used to cover our text books in school!), add stickers or photos on the cover, or simply pick a book that matches the theme of what you're trying to create (for example, "MR&MRS" folded for a wedding present, in a romance novel).

The bigger the word/picture, the bigger the book you will need as it will need more pages. Your patterns (many available online for free via a quick Google search for "folded book art" or on Facebook groups) should tell you how many pages your book will need to have and will show you what the finished item should look like.



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Have you got any  
craft or course  
tips you'd like to  
share? Get in  
touch at:

01924 316946

(we're still here!)

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