**ALTERED BOOK TECHNIQUES & IDEAS**

Ms Grunwald

**Altered Books Guidelines**

**Choosing a Book:**

* **Size:** The thicker the book the more pages to deal with. A thin children’s book would be too small, *War and Peace* would not be a good choice. 150 – 200 pages enables you to glue many pages together to create niches. Tear out the pages you don’t use.
* **Paper Quality:** Cheap paper won’t stand up to painting, tearing or any “hard use”. You’ll be investing a lot of time creating your pages, choose a paper that feels substantial and has weight.
* **Choice of book:** Your ideal book is probably in my collection of discarded books from the library, or from a garage sale or on your bookshelf at home. Even an old textbook will work. Do not spend money on an expensive book.
* **Suggested Books:**

Address books

Thick children’s books

Discarded coffee table books

Dictionaries

Old atlases

Old encyclopedias

Your favorite novel

**Basic Supplies:**

Paint brushes, mat knife, box cutter or X-acto knife, scissors, wax paper, old credit card for smoothing glued papers, newspaper to work on.

**\***Clear glue stick – DO NOT use rubber cement (it dries out over time and does not hold). Only use Elmer’s glue to attach thick items like mat board, fabric or objects.

Acrylic paint (I will supply all paint), water color paint, black and colored markers, stamps made out of erasers or potatoes, colored pencils, oil pastels, crayons. Anything that will make a mark – Be inventive!

**\***Put wax paper between the pages until they are fully dry.

BUILD UP LAYERS USING DIFFERENT MATERIALS!

**Fun Stuff:**

Collected papers, junk drawer stuff, stamps, threads, wool, fibers, plastic wrap, aluminum foil, tissues, feathers, old stockings (fishnet, perhaps!), bubble wrap, tiny bottles, anything small, pressed flowers, coins, notes, love letters, other letters, collage papers, origami papers, paint chips, magazines, maps, postcards, old calendars, newspapers, junk shop finds, fabrics, lace, old jewelry, old photos, shells, buttons, puzzle pieces, game pieces, cards, trinkets, tickets, beads, charms, hardware stuff, dental floss, play money, wires, baseball cards, sports logos, leather, bark,...

**Theme:** Choose a theme that interests you and make the whole book using that theme. Have about 5 pages painted, decorated, collaged, stamped, written into, cut out, ...

Here are some ideas of themes:

Famous person, or admired/loved person,

Science theme (botanicals/plants, animal, space, human organs, geography/maps,...)

Children's story

Steampunk

Fashion (of a certain era?)

Social/political themes, such as

Environment

Rape/Abuse

Homeless

Poverty

Hunger/Drought

Drug Abuse

Economy

Pollution

War

Teen Abuse

Deforestation

Alcohol Abuse

Overpopulation

Discrimination

Pet Abuse

Prevention of Birth Defects

Animal Testing

International Torture

Child Labor

Freedom of Speech

Extinction

Cloning

Terrorism

Global Warming

Gay Rights/Marriage

Anorexia/Eating disorders

Texting/Drinking and Driving

Stem Cell Research

Domestic Violence

Teen Pregnancy

Crime

Abortion

Alcoholism

Loneliness

Religion

AIDS