

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



Paper Mosaic Bookmarks

What you'll need



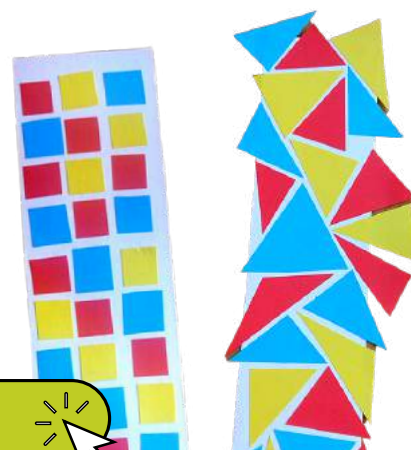
- White card
- Coloured paper/s
- Glue stick or PVA
- Scissors
- Optional paper trimmer

This week's activity comes from Rachel, an Arc participant who chose it because she loves reading and paper crafts and thought it was a nice way to combine the two interests!

This mosaic-style bookmark is easy to make and you can be really creative by using different shapes, colours and textures.

Top Tips / Take it Further

- ✿ Try different shapes, i.e. squares, circles or rectangles, and see what interesting patterns you get.
- ✿ You could also use patterned paper such as origami or craft papers.
- ✿ If you are doing this with children it could be a good way to teach about shapes, i.e. different types of triangles.

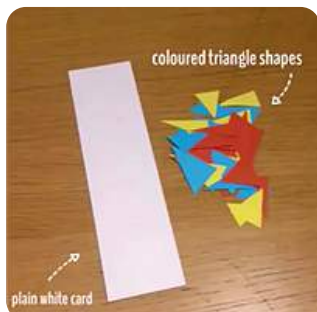


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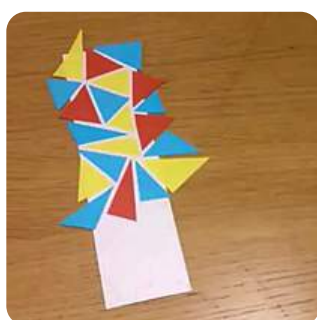
Step-by-step



1. Start by making a bookmark blank out of white card. You can either use a paper trimmer or use a pencil and ruler to draw your bookmark shape then cut it out. I made mine 1.5" x 6" but you can make yours bigger or smaller depending on what you want.

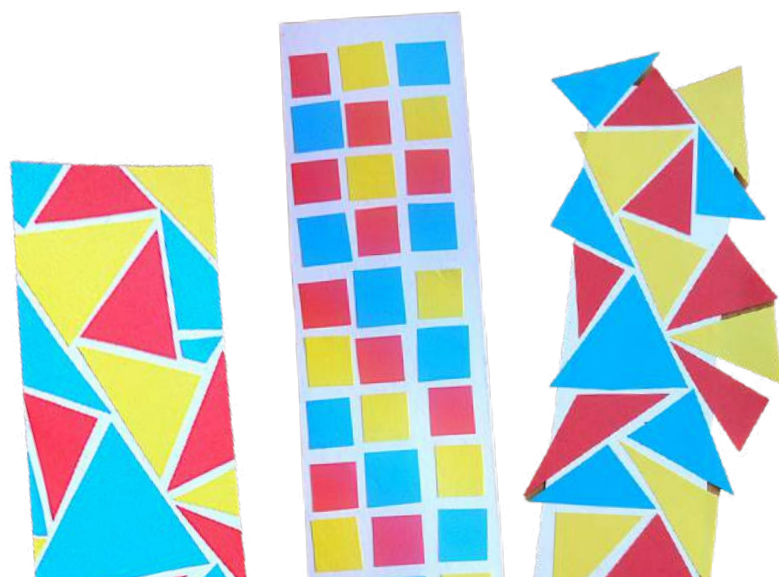
2. Then get your coloured paper and cut out as many triangles as you would like for your bookmark. Don't worry about making them neat or the same size.

3. Spread glue all over one side of that bookmark blank, then start placing the coloured triangles to make your mosaic design. The triangles can go over the edge of the bookmark because we will



trim these off afterwards. Don't worry if there are odd gaps you can't fill with your triangles. You can either leave these as they are or cut some more paper to fill them.

4. Trim the edges (if you want to!) and you are done!



Different Versions

