

# Collage Instructions

## How to make a simple collage

**To make a collage is easy with regular household items, first gather your supplies:**

- Magazines, newspapers or computer images (Google Images and Microsoft Clip art are great online resources)
- Glue, staple or tape
- Scissors
- Old manila folders, cardboard, card stock paper or your journal

**The key is to trust your initial attraction or repulsion to an image.**

- Quickly skim, or glance over, images and make selections, ripping or cutting them out
- Once you gather at least three images, start to glue, staple, tape them to a piece of paper in your journal, on a notepad, the manila folder or other surface. You can create one online.

**Helpful hints:**

1. Spend no more than 30 minutes on a collage.
2. There is no need to spend time thinking about the images or how they fit together.
3. You may want to put your final collage aside for 24 hours and then look at it again.

**Here are some questions to consider about your collage:**

1. What do you notice?
2. What surprised you about the collage itself or your process?
3. What insights do you have after this exercise?
4. Is there anything to share with the people in your life?