

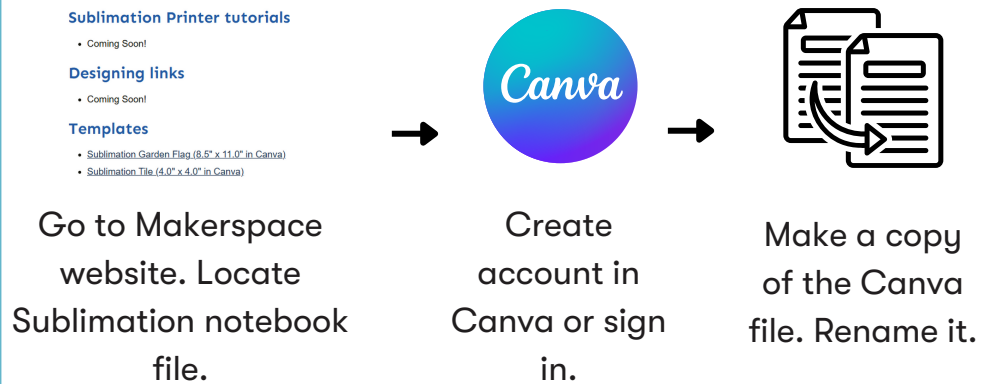
## Sublimation Notebook - Option 1

Follow the steps below to make your own notebook!  
This is a beginner-friendly activity for ages 5 and above.

### Supplies:

- Sublimation Notebook + paper
- Digital image
- Optional: sublimation pens + watercolor paper

### Step 1: Preparing the image



### Step 2: Design

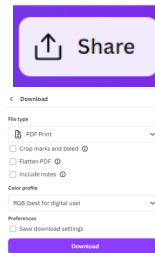


Add a picture to your 6.5" x 3.5" canvas.



Add text or any additional elements.  
Delete background.

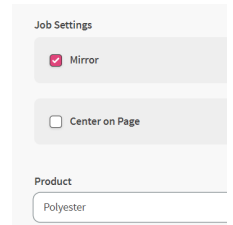
### Step 3: Sending file over



In Canva, click Share. Then, click Download → PNG → Download.

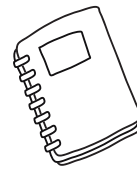


Open up Sawgrass Utility. Create a new job and open your PNG. Choose Neoprene.



We will print and heat press your notebook together (365 degrees for 50 seconds).  
Remove cover from notebook to press.  
Share out at #cpplmakes





## Sublimation Notebook - Option 2

Follow the steps below to make your own notebook!  
This is a beginner-friendly activity for ages 5 and above.

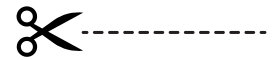
### Supplies:

- Sublimation Notebook + paper
- Digital image
- Optional: sublimation pens + watercolor paper

### Step 1: Draw an image

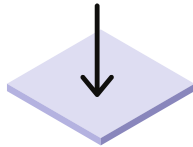
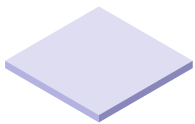


Think of a fun design. Use the sublimation markers to draw it. It will be flipped, so be careful with text.



Cut the image so there is no white space remaining.

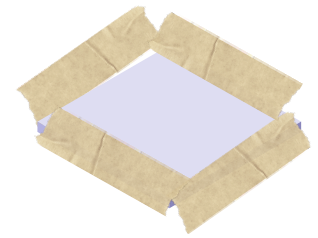
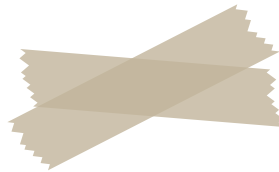
### Step 2: Prepare



Choose a notebook. Remove the cover.

Place your image face-down on the top of your notebook.

### Step 3: Sending file over



Cut off pieces of heat resistant tape.

Tape the outside edges of your paper to your notebook.



**We will print and heat press your notebook together (365 degrees for 50 seconds).  
Remove cover from notebook to press.  
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