

Kins

THE KINS ACTIVITY JOURNALS

YEAR 10 / AGES 10-11

The confidence year

My year at 10



MAKE / EXPLORE / TRY IT

THIS JOURNAL BELONGS TO

A4 / 51 PAGES / FREE TO PRINT AND KEEP



Your year. Your ideas. Your way.

Grab a pencil and make this book your own. Try a comic, design something, doodle an idea or save a favourite moment. Jump between pages and change the prompts if you like. You can work on your own or invite someone to join in.

Year 10 means the year from your 10th birthday to just before you turn 11. It is an age, not a school year. Start on your birthday, today or by looking back.

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Ready when you are

Print on A4 at actual size or choose fit to page. Single-sided printing leaves space for extra notes; double-sided printing works too. Print the whole book or only the pages you want. Use copies of keepsakes you would like to preserve separately.



A snapshot of me

Keep the details that feel like you at this age.

A portrait, drawing or description

My name or what I like to be called

My birthday / the dates this book covers

A place or group that matters to me

Three words I choose for myself

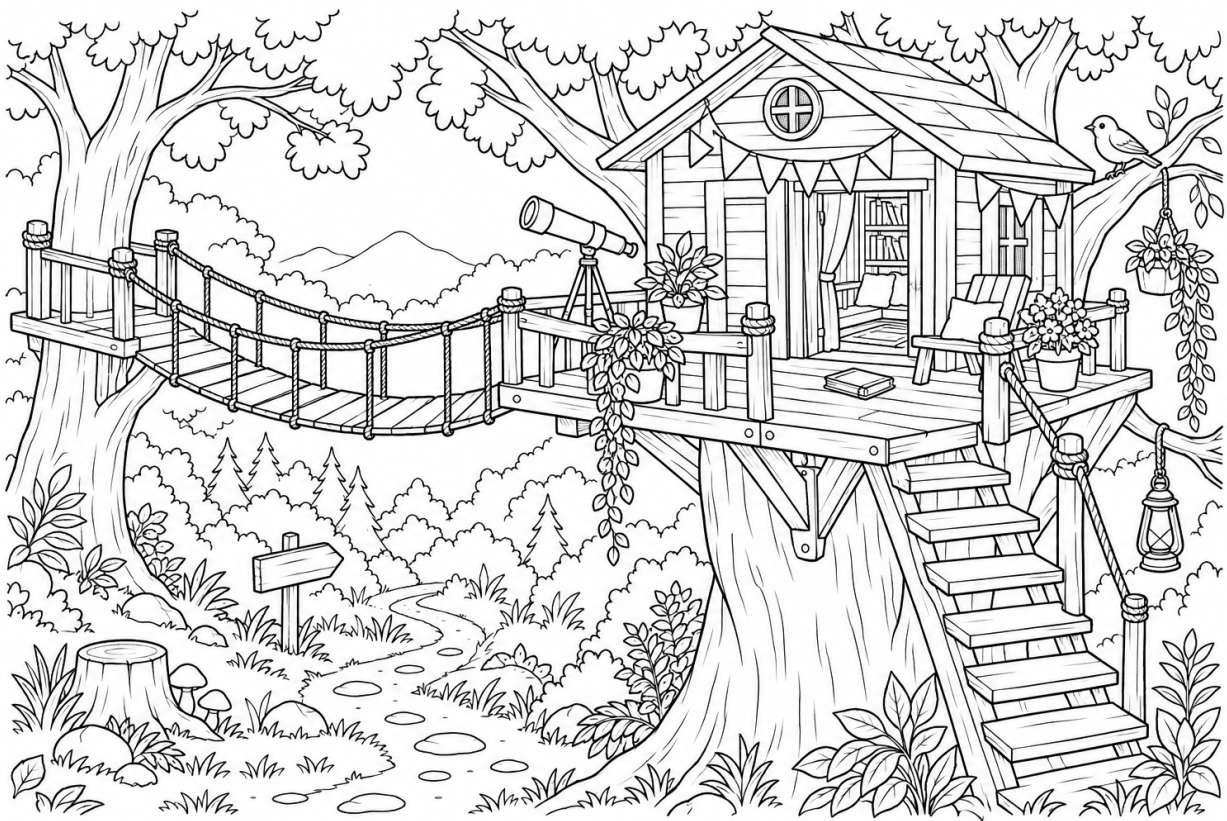
What I enjoy right now

Something I want this journal to remember



The hideout colour challenge

Bring this treehouse hideout to life. Try using just three colours, add patterns to the bunting or invent a surprising colour scheme.



My colour palette

A pattern I added

What happens here



Learning that matters to me

Keep a topic beyond grades or results.

What interests me

Where I explored it

What I would like to understand better



My reading life

Books, comics and listening all count.

A title to remember

An idea or character

What I would recommend and why



Friends who get me

Keep a friendship in everyday detail.

What we share

A moment we laughed

How we support each other



Making room for someone

Remember a moment of belonging.

The situation

How someone was welcomed

What I would do again



A tiny epic

Make a comic about a challenge, a funny moment or an invented adventure.

1. The starting point

Words or a caption (optional)

2. The unexpected part

Words or a caption (optional)

3. The ending I choose

Words or a caption (optional)



A skill over time

Capture practice without comparing yourself to others.

Where I began

What helped me continue

What I notice now



My birthday at ten

Remember your day however you spent it.

A plan or surprise

People or messages

A detail worth keeping



Pitch my brilliant idea

Design a game, object or club. Your idea can be playful; nobody has to buy it.

Sketch the idea

What makes it interesting

Explain it in three short sentences



A responsibility that fits

Think about a job or commitment.

What I took on

What support I needed

What I learned



A route to remember

Draw a journey you enjoyed with someone you know.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Where we went

What I noticed

What made it memorable



My album-cover moment

Make an album cover for your year. Choose a title, a colour palette and a symbol.

Doodle, map, collage or design here

The album title

**The track I would
replay**

**Why I chose these
colours**



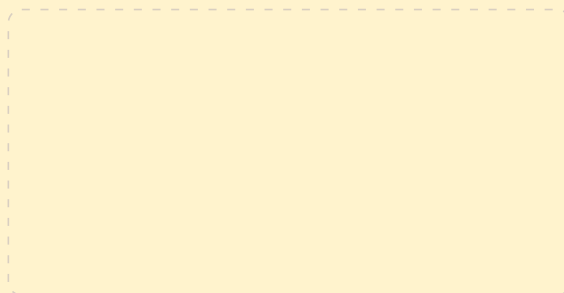
The favourites edit

Make a tiny gallery of recommendations. Draw the cover, a scene or a symbol for each choice.

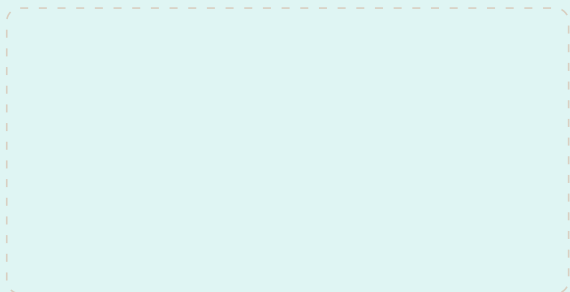
A book or comic



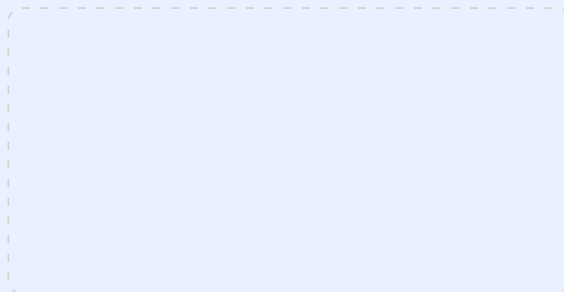
A game



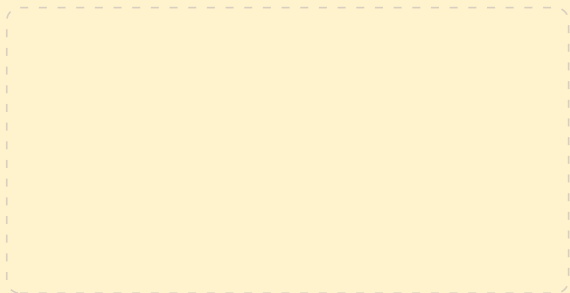
A song or sound



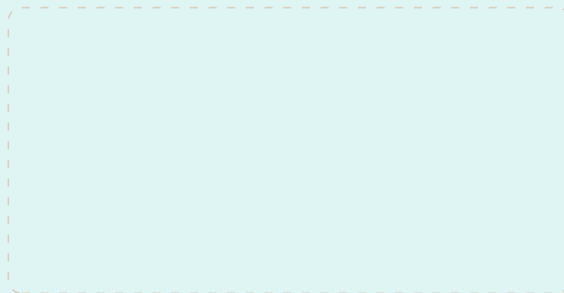
A place



Something to make



My own category





My hobby in detail

Show someone what draws you in.

What I enjoy most

Something I have learned

Something I want to try



The teamwork story

A team can be for sport, games, music or helping.

What we worked towards

What I contributed

What I appreciated in someone else



A fairer idea

Think about an everyday situation.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I noticed

Who was affected

An idea that might help



Same memory, two versions

Invite a parent, carer or friend. Draw or write one version each of a shared funny moment without peeking, then compare below. Solo? Show it from two viewpoints.

My version

Their version / another viewpoint

A detail to combine or a difference we enjoyed



Something difficult, something helpful

Keep only what you choose.

The difficult part

What helped a little

A person I can approach



My time, my choices

Notice what fills your week.

Something I enjoy making time for

Something I need help organising

A bit of space I want to keep



The digital chapter

Keep a positive online or gaming memory without private details.

What I did

Who or what I learned from

A boundary that works for me



A family story with questions

Ask someone about a time in their life.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

My question

Their answer

What I want to ask next



A place I value

Keep somewhere that matters to you.

The place

How I spend time there

Why I care about it



Beyond the floating island

Complete the bridge and invent what lies beyond it. Add another island, an unusual building or something nobody would expect. Colour your finished world.



Where the bridge leads

My unexpected detail

A name for this world



A week of creative detours

Choose any of these small challenges. Use the boxes to record what you tried.

Sketch a familiar view

Invent a game rule

Make a five-item playlist

Design a new logo

Explain an interesting fact

Set your own challenge



A choice about money

Use a small real example or an imagined one.

My options

What I considered

My decision and why



Something I helped improve

Keep a contribution to a group, place or routine.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What needed attention

What I did

What changed, if anything



My everyday snapshot

Save the small details of being ten.

An ordinary morning

A familiar afternoon

A usual evening



Our family or caring circle

Describe people who matter to you.

Something we do together

A quality I appreciate

A memory from this year



A gathering to remember

Keep an occasion meaningful to you.

Why it mattered

Who was there

The moment I would replay



The keepsake page

Add a photo, drawing, ticket or description.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I chose

The backstory

Why it belongs here



Proud of the effort

Keep a moment of patience, courage or care.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I did

What it took

What I want to remember



My own opinion

Explore a view without needing everyone to agree.

My view

The experience behind it

Another view I could listen to



Ideas for eleven

Possibilities can stay possibilities.

A skill to explore

A place or experience

Something I want more time for



A note from someone close

Invite someone you choose to write this page for you.

A memory we share

Something I enjoy about you

Something I would like us to do together



Month 1: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

An everyday moment

Something I learned or tried

A detail I want to keep



Month 2: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A conversation worth saving

Something I chose to do

A person who was part of my month



Month 3: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A place I spent time

Something that made me laugh

Something I am still wondering



Month 4: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A change I noticed

A creative or playful moment

A memory I would share



Month 5: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A question I explored

A moment with someone I care about

A small thing I appreciated



Month 6: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

Something I kept practising

A surprise

A favourite ordinary day



Month 7: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A plan and what happened

Something I noticed outside

A moment of kindness



Month 8: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

An idea of my own

Something that felt familiar

Something new to me



Month 9: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A story, song or game I enjoyed

A helpful person or moment

A detail from home



Month 10: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

Something I helped with

A place or journey

A conversation I remember



Month 11: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

Something I feel pleased about

Something I want more time for

A memory with a friend



Month 12: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

MONTH / YEAR

My month as a doodle, photo or comic

A moment that sums up this month

Something that changed

Something I want to carry forward



A letter to my future self

Write or draw a note. You choose when to read it again.

WRITTEN ON / TO BE OPENED WHEN

What I want you to remember about being this age. What matters to me now. A question, hope or small detail I want to keep.



Looking back, looking ahead

There is no need for a perfect ending. Keep what matters to you.

A memory I am glad I kept

Something I understand about myself now

A possibility for my year at 11

A little of today, kept for tomorrow.

Keep creating. Keep changing your mind. This book is yours. Find more free journals and activities at kins.love/free-booklets/.