

Kins

THE KINS ACTIVITY JOURNALS

YEAR 11 / AGES 11-12

The next-chapter year

My year at 11



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 11 means the year from your 11th birthday to just before you turn 12. It is an age, not a school year. Start on your birthday, today or by looking back.

INSIDE THIS CHAPTER

A snapshot of me	03
Creative activities and my stories	04-37
Twelve monthly doodle-and-story pages	38-49
A letter to my future self	50
Looking back, looking ahead	51

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



Eleven, in my words

Describe this age without needing a label.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What feels like me

What is changing

What I hope stays familiar



My learning chapter

Your learning setting and path can be your own.

What I explored

Someone who supported me

An idea I want to take further



A change in routine

A new class, school, activity or home routine can belong here.

What changed

What helped me adjust

What I am still working out



Questions about what comes next

You do not need all the answers.

Something I am curious about

Someone I could ask

What would help me feel prepared



Friendships across change

Keep the people and moments you value.

A familiar connection

A new connection

How I want to keep in touch



A place I feel included

Remember a group or space that welcomes you.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Where it is

What makes it work

How I can welcome someone else



A change, in three frames

Show a real or invented change as a storyboard. You decide whether it is funny or thoughtful.

1. Before the change

Words or a caption (optional)

2. The turning point

Words or a caption (optional)

3. What happens next

Words or a caption (optional)



The skill I stayed with

Remember practice, pauses and progress.

What I practised

What made it easier or harder

What I notice now



My birthday at eleven

Choose the memories that matter to you.

How I spent the day

A message or conversation

A moment to keep



My changing interests

You are allowed to outgrow things and come back to them.

Something I still love

Something new

Something I have put aside



Books and stories

Choose a story you enjoyed this year.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

The title

What it made me think about

My response to it



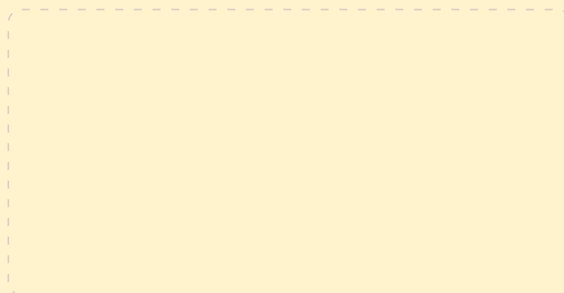
The favourites edit

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

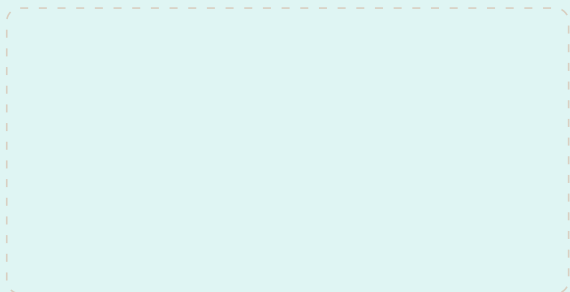
A book or comic



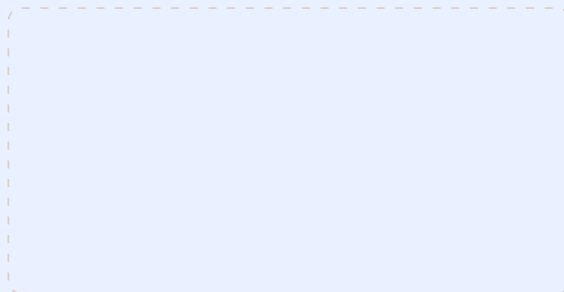
A game



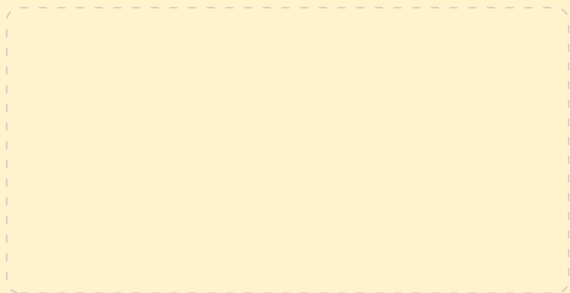
A song or sound



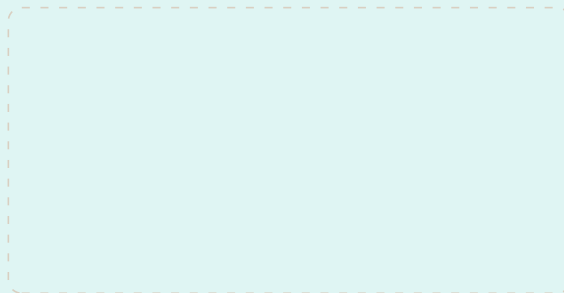
A place



Something to make



My own category





My mini-zine cover

Design the cover of a small magazine about something you enjoy. Add a title and three short headlines.

Doodle, map, collage or design here

The magazine title

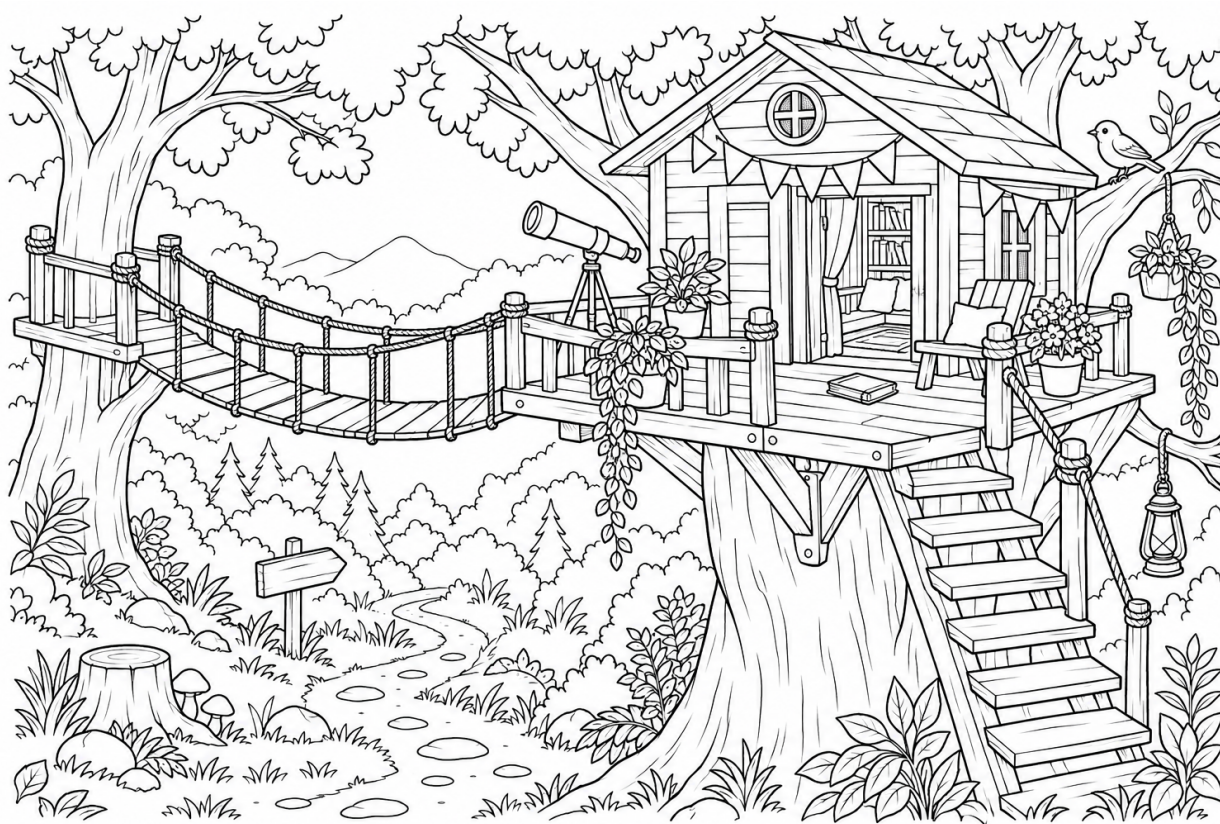
My main story

**A picture or colour I
would use**



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



A responsibility with support

Independence can include asking for help.

What I took on

Support that made it manageable

Something I learned



My choose-your-own weekend

Design options for a weekend that sounds like you. Include low-cost ideas and time to rest.

Something creative

A connection to make

A place to explore

A skill to try

Time to recharge

My wild-card option



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



When I spoke up

Keep a time you shared an idea or need.

What I wanted to say

How I said it

How it felt



Disagreeing with care

Keep the parts you want to remember.

Different points of view

What helped us listen

A question still open



A supportive person

Think about someone you can approach.

Who I chose

What makes them easy to talk to

A moment they helped



My private space

Decide what you want to share and what stays yours.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A space or routine I value

What helps me feel comfortable

A boundary I can explain



Online moments worth keeping

Skip handles, passwords and private messages.

Something I created or enjoyed

Something I learned

A choice about what I share



My favourite place this year

Keep a familiar corner or a new discovery.

The place

A day there

Why I would return



A journey with a story

Travel nearby or far can belong here.

Where I went

Something I noticed

A detail beyond the photos



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 contribution I made

A small helpful act counts.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What was needed

My contribution

What I appreciated about working together



Money and choices

Use a small real choice or an imagined plan.

Something I considered

What I compared

What I learned



Our ordinary traditions

Keep a repeated family or caring-circle moment.

What we do

What I enjoy about it

How it might change as I grow



A family conversation

Save a story shared by someone close.

Who I asked

What they remembered

What connected with me



The funny page

Keep humour that feels like your year.

A joke or phrase

The situation

Who remembers it with me



A photo beyond the frame

Use an image, drawing or written scene.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What it shows

What it leaves out

Why I chose it



Something I got through

There is no need to turn it into a success story.

What was difficult

What supported me

What I would tell myself



A project with my name on it

Pick something small you would like to make. Plan a first version without needing it to be perfect.

Sketch my first version

What I already have

One small step to try



A note from someone I choose

Invite someone, or use this page for your own reflection.

A memory together

Something worth recognising

A wish for the coming year



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 12

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/.