

Kins

THE KINS ACTIVITY JOURNALS

YEAR 12 / AGES 12-13

The own-voice year

My year at 12



CREATE / REMIX / MAKE IT YOURS

THIS JOURNAL BELONGS TO

A4 / 25 PAGES / FREE TO PRINT AND KEEP



Your year. Your ideas. Your way.

Treat this as your creative notebook: moodboards, storyboards, design experiments and the moments you want to keep. Make a rough draft, remix a prompt or skip a page. Choose what stays private, and ask before including someone else's words or image.

Year 12 means the year from your 12th birthday to just before you turn 13. It is an age, not a school year. Start on your birthday, today or by looking back.

INSIDE THIS CHAPTER

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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



Twelve in real life

A snapshot of this age, in your own words.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What feels like me

What feels new

What people sometimes miss



My learning life

Keep what interests you beyond a result.

An idea that stayed with me

A helpful person or setting

Something I want to understand



Friendships that feel good

Record the connections you choose to remember.

What we share

A moment of support

What I value in a friend



My creative menu

Choose something you would enjoy making. Jot a starting idea in each box that interests you.

A tiny magazine

A photo series

A game concept

A playlist cover

A redesigned object

An idea of my own



My visual playlist

Design cover art for your current playlist, or a collection of stories, films or games.

Doodle, map, collage or design here

The collection title

Three picks

The feeling I want to capture



Remix something familiar

Pick a routine, object or game and sketch your own version. You can stop at an idea.

My version

What I would keep or change

A small way to try it



An everyday moment, remixed

Storyboard a small moment as a comic, short film or game scene. Real or fictional is fine.

1. Opening shot

Words or a caption (optional)

2. The unexpected beat

Words or a caption (optional)

3. Final frame

Words or a caption (optional)



Colour a creative space

Choose a colour mood for this studio. Experiment with contrast, a colour repeated in different places or patterns. Leave some areas white if that suits your design.



My colour mood

A colour I used more than once

A detail I made my own



My voice

Remember sharing an opinion or a need.

What mattered to me

How I expressed it

What I learned



What I choose to share

Describe how you want to share this book. You never need to write the private details.

A topic I am happy to share

How I can ask for some space

How I want others to respect my choices



The digital chapter

Record an online interest without identifying details.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I enjoyed or created

What I learned

A boundary I find useful



A day I want to keep

An ordinary day can belong here.

Where I was

The moment

Why it matters to me



My birthday at twelve

Keep the details that feel like you.

How I spent it

A message or conversation

What I want to remember



People I can turn to

Your support can come from different places.

A person I trust

What makes talking easier

Something we shared this year



When things felt complicated

Only write what feels comfortable.

A situation I want to record

What helped a little

What I need more of



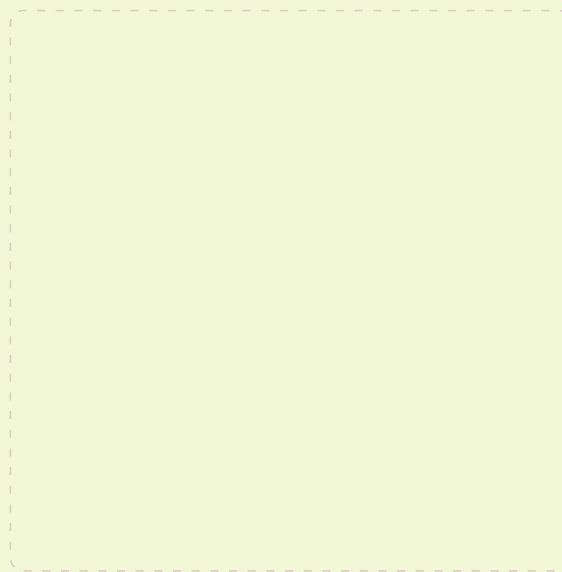
The creative swap

Invite a parent, friend or someone you choose. Sketch an idea each in the top boxes. Swap boxes and add an unexpected detail. Combine them below. Solo? Make two versions.

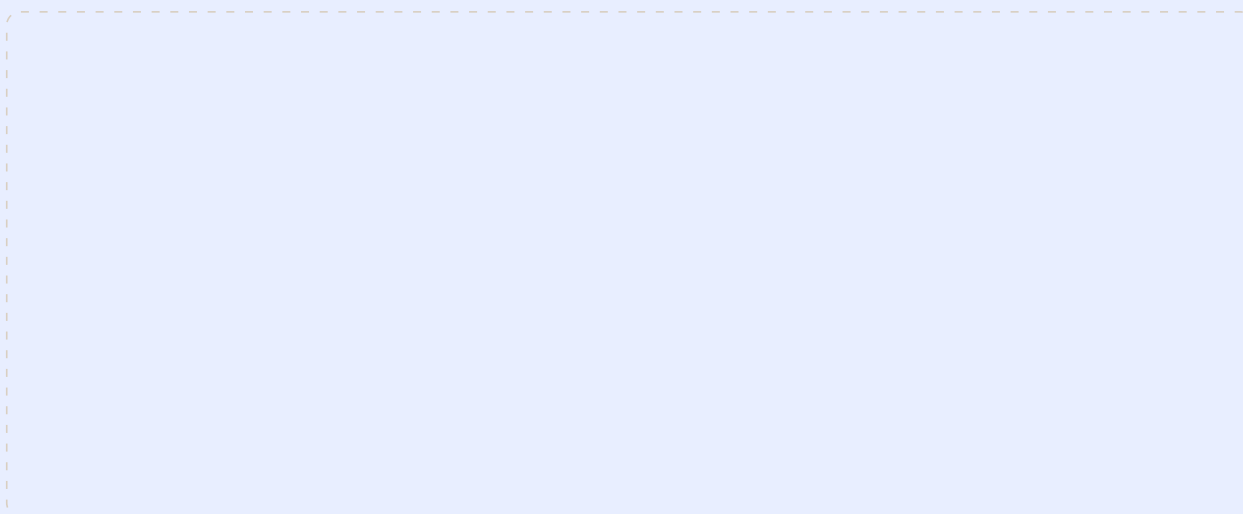
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption





Family, on my terms

Keep a shared memory with the people you call family.

The moment

What I appreciate

Something I would like us to do



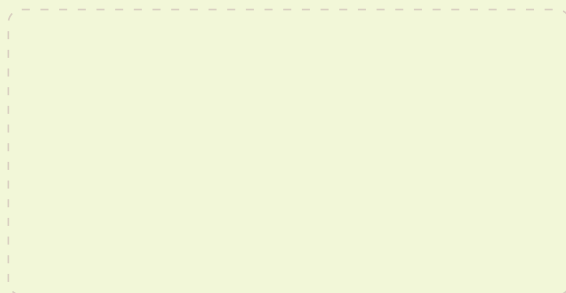
My culture edit

Create a small gallery of what caught your attention. Add titles, symbols or thumbnail sketches.

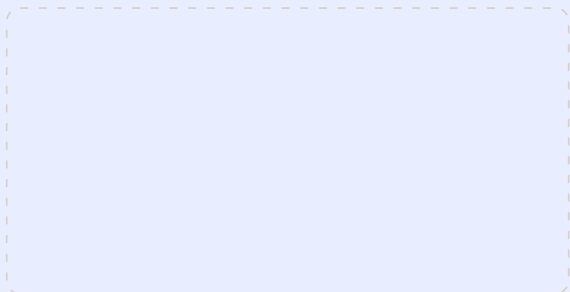
A sound or track



A story or game



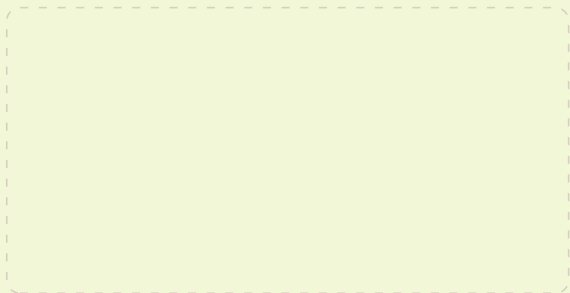
An image or artwork



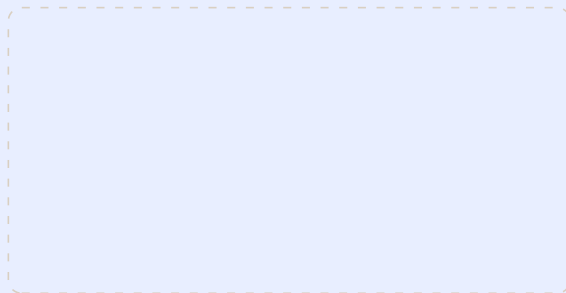
A place or experience



Something I made



A category of my own



PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

What I chose



Through the unfinished doorway

Complete the room and decide what the doorway reveals. It could lead somewhere real, impossible or completely your own. Try carrying a colour or pattern through both spaces.



Beyond the doorway

A detail that connects them

The title of this scene



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 13

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/.