

The identity year

My year at 13



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 13 means the year from your 13th birthday to just before you turn 14. 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



Thirteen, in my words

Write your own version of this chapter.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What feels like me now

**Something people may
not know about me**

**What I wish people
understood**

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



Belonging

Think about the people and places where you feel accepted.

Where I can be myself

What helps me feel included

How I make room for someone else



Friendship and trust

Keep a connection beyond the group photo.

A moment of trust

What we enjoy

What matters to me in a friendship



A moodboard that feels like me

Build a board from shapes, colour swatches, doodles or copied images. It can change as you do.

Doodle, map, collage or design here

A large rectangular area defined by a dashed line, intended for a student to create a moodboard. The area is currently blank.

My three colours

A symbol I would use

What connects the pieces



Learning that draws me in

Keep the questions behind the lessons.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A topic I care about

**Something I
discovered**

**Where I might take it
next**



The mini-zine edit

Plan six small features for a tiny magazine (a zine) about an interest. Words, sketches and collages all count.

A cover idea

A recommendation

A short opinion

A visual page

A question to explore

Something unexpected



My alternative ending

Choose a fictional scene or invent your own. Storyboard how you would take it in a new direction.

1. Where the story starts

Words or a caption (optional)

2. My twist

Words or a caption (optional)

3. The ending I choose

Words or a caption (optional)



What I share online

Record choices without private accounts or messages.

Something I created or enjoyed

What I choose to keep private

A boundary I want respected



An opinion in progress

You do not need a finished position.

What I think now

What shaped that view

What I am curious to hear



My birthday at thirteen

Keep the beginning of your teenage chapter.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

How I spent it

People or messages

One detail I would keep



A day beyond the ordinary

Remember a day that felt different.

What happened

How it felt

What stays with me



Design a space for my interests

Imagine a corner, club or online creative space. Keep identifying details off the page.

A sketch of the space

What belongs there

How it would feel welcoming



When I needed support

You can leave details unwritten.

What I want to remember

A person or action that helped

What I would ask for next time



A boundary I can name

Keep a preference about your time, space or attention.

What I need

How I could explain it

What respectful support looks like



Family memories I choose

Keep a shared moment that matters to you.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

The people

The memory

Why I chose it



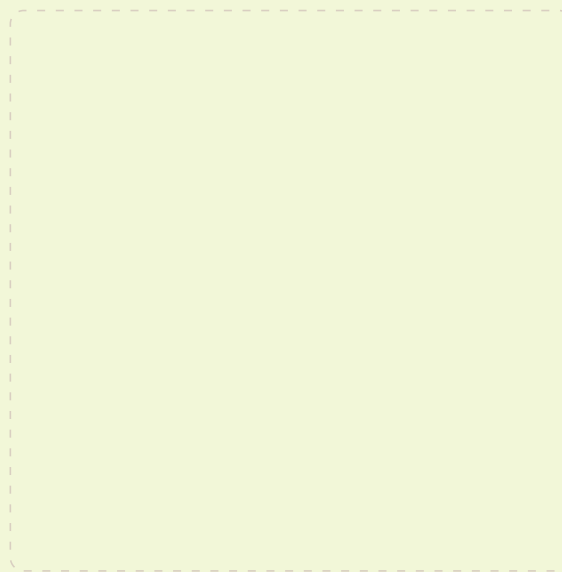
The creative swap

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.

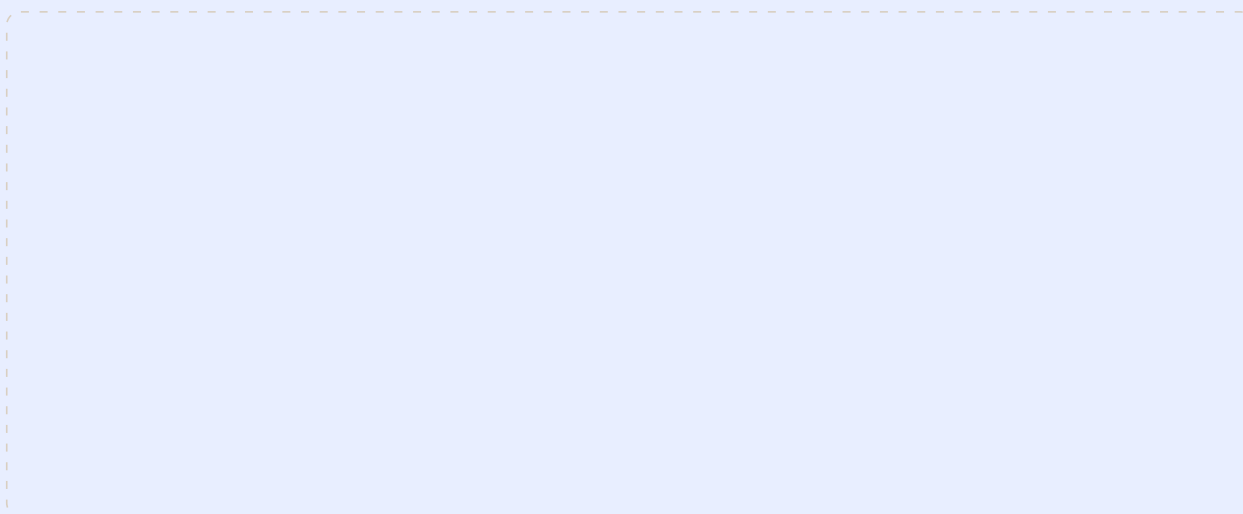
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption

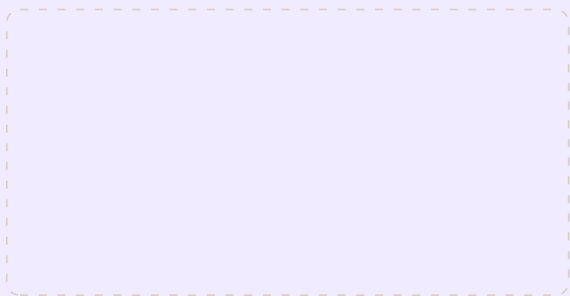




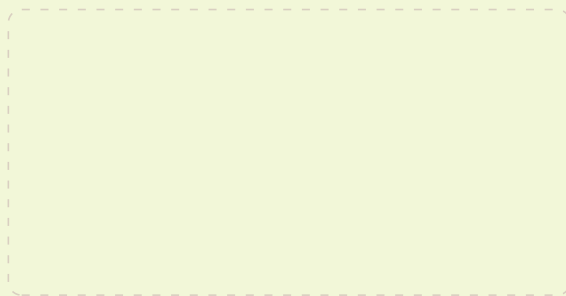
My culture edit

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

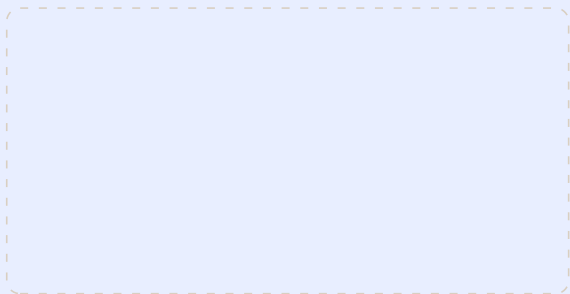
A sound or track



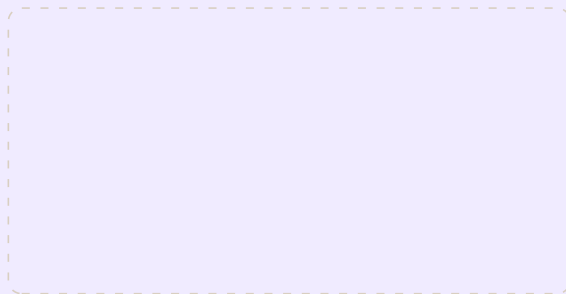
A story or game



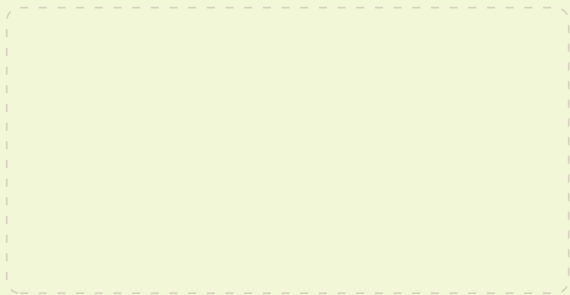
An image or artwork



A place or experience



Something I made



A category of my own





The keepsake page

An image, sketch or memento can hold part of the story.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

My choice

The story behind it

What it means to me now



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 14

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/.