



Kins

THE KINS ACTIVITY JOURNALS

YEAR 14 / AGES 14-15

The perspectives year

My year at 14



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 14 means the year from your 14th birthday to just before you turn 15. 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

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

How I would describe myself



A scene from another angle

Storyboard the same situation from a different point of view. You can use an invented scene.

1. The first perspective

Words or a caption (optional)

2. A detail someone else notices

Words or a caption (optional)

3. A different ending

Words or a caption (optional)



Friendships in depth

Keep the moments behind a connection.

A conversation that mattered

What builds trust

What I bring to a friendship



Belonging without pretending

Think about where you can be yourself.

A place or group

What feels comfortable

What I want to make room for



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

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

What I explored

A challenge or surprise

Support that helped



Make a poster with a point

Design a poster for an idea, event or cause you choose. Aim for one clear message.

My poster design

The message in one sentence

A design choice I would test



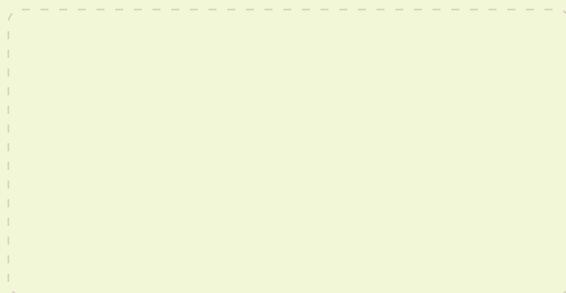
My culture edit

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

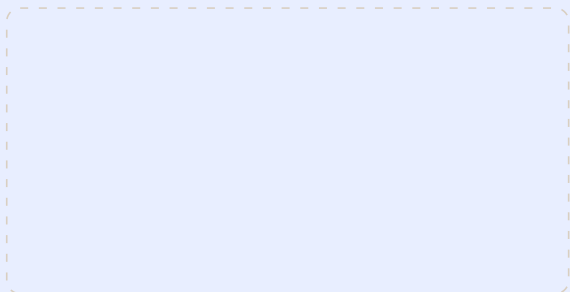
A sound or track



A story or game



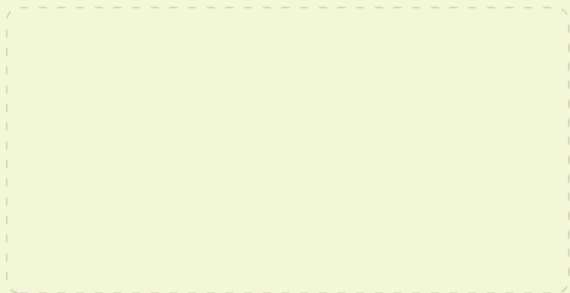
An image or artwork



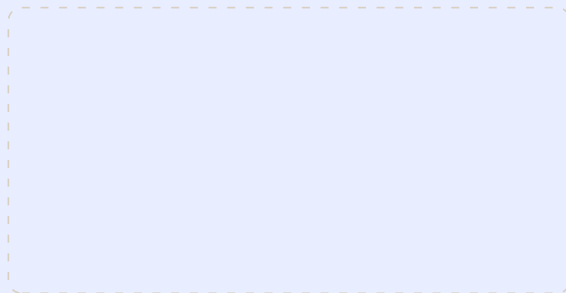
A place or experience



Something I made



A category of my own





My photo-series plan

Plan three pictures around a theme. Sketch them or use your own photos. Ask anyone pictured before including them.

Doodle, map, collage or design here

A large rectangular area defined by a dashed line, intended for a doodle, map, collage, or design.

The theme

A detail to look for

What links the images



My online world

Record the experience without private details.

What I enjoyed or made

Something I questioned

A boundary that helps me

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

What we discussed

What I said or heard

What I understand differently



My birthday at fourteen

Choose the moments you want to keep.

How I marked it

A person or message

What fourteen feels like



A day I would revisit

Small moments count.

Where I was

What happened

Why I would return to it



What matters to me

Name a value through an everyday example.

A value I care about

A time it showed up

A question it raises



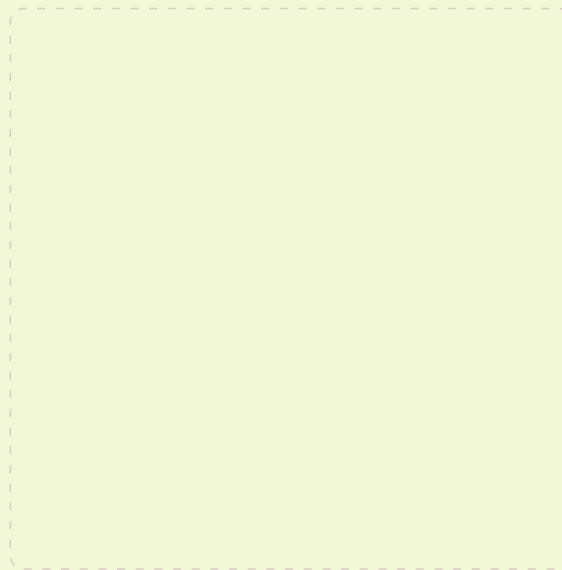
The creative swap

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.

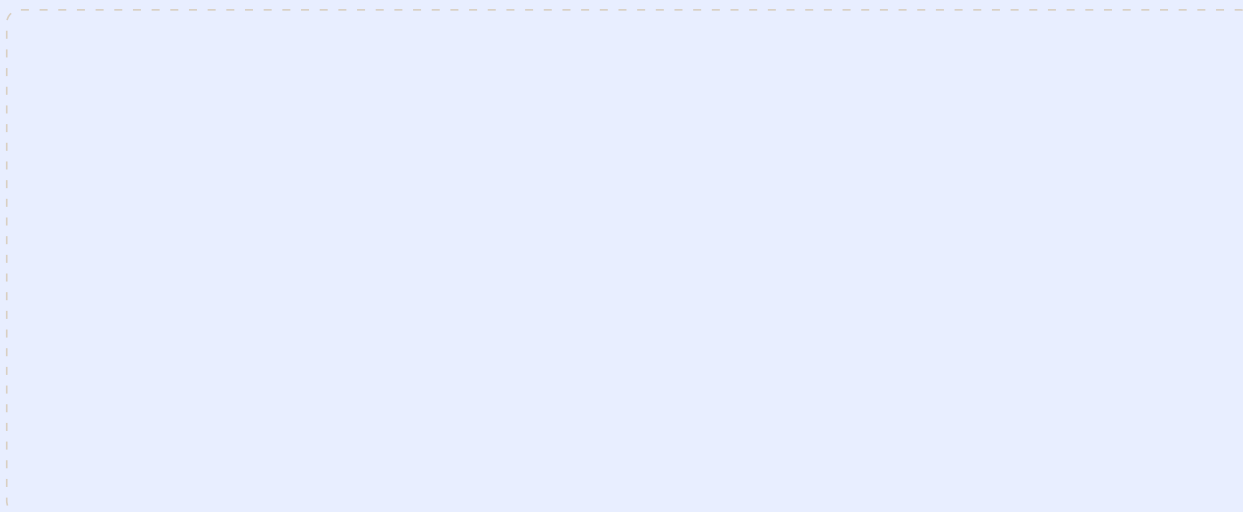
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption





Support, my way

Keep a picture of what helps you.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A person I trust

A routine or place

How I can ask for help



Family stories, my view

Keep a shared memory with your own perspective.

What happened

What I noticed

What I would ask someone else



A creative field trip

Pick a small observation challenge wherever you are. Sketch or describe what catches your attention.

An interesting shape

A colour combination

A pattern in a place

A surprising sign

A sound to describe

A detail I usually miss

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

The object or image

Its story

What it cannot show on its own



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 15

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/.