

Kins

THE KINS ACTIVITY JOURNALS

YEAR 16 / AGES 16-17

The choices year

My year at 16



YOUR IDEAS / YOUR STYLE / YOUR NEXT CHAPTER

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 16 means the year from your 16th birthday to just before you turn 17. 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



Sixteen, in my own words

Keep a real snapshot of this year.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What feels settled

What is changing

What I am still figuring out



My values in action

Think about a choice that reflected what matters to you.

The situation

What guided me

What I understand about myself



My options

Learning, training, work and other routes can all belong here.

Possibilities I am considering

What I want to find out

Who or what could help



Learning beyond the result

Record the experience behind a qualification or skill.

What I worked on

What stretched me

What I want to take forward

A street, reimagined

Give this architectural scene a colour identity. Explore light and shadow, contrasting materials or a restrained palette. Add details that make the street feel lived in.



My palette and mood

A material or texture

A detail that tells a story



Three frames, no words

Tell a tiny story using only pictures. Show an action, a reaction and a change. Add words later if you want.

1. The action

Words or a caption (optional)

2. The reaction

Words or a caption (optional)

3. What changes

Words or a caption (optional)



Friendship through change

Remember a connection as routines shift.

A shared memory

What we value

How we keep in touch



Relationships and respect

Write about any relationship you choose.

What makes me feel respected

What I can offer

A boundary that matters to me



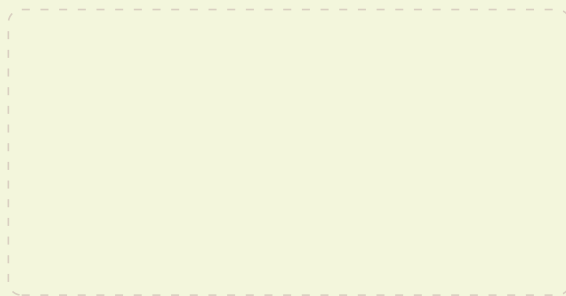
My culture edit

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

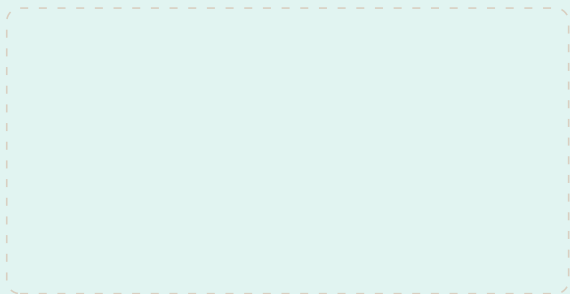
A sound or track



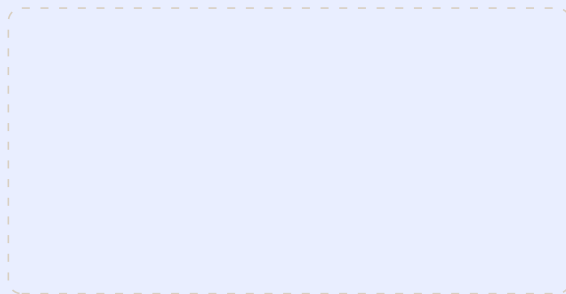
A story or game



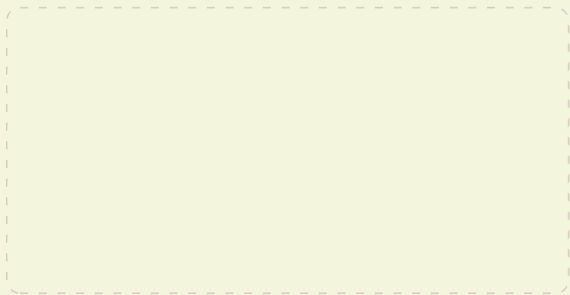
An image or artwork



A place or experience



Something I made



A category of my own





Test-drive a project

Plan a small experiment that could tell you whether an interest suits you.

The experiment

What I would need or ask

How I would decide what comes next



Money on my terms

Use a real example or an imagined plan; skip private amounts.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A priority

A trade-off

An idea for managing choices



My birthday at sixteen

Mark the year in whatever way fits.

How I spent it

A person or message

A memory I want to keep



An ordinary day at sixteen

Record the texture of this year.

My routine

A conversation

A detail I might forget



My low-pressure possibilities

Sketch six options you might enjoy exploring. Include things that need little money or equipment.

Something to learn

Something to make

A connection to explore

A place to discover

Something to contribute

A possibility I cannot label yet



Design a festival that is mine

Invent a one-day festival for music, games, food, stories or any interest. Design its poster. It can be completely fictional.

Doodle, map, collage or design here

The name and main attraction

My colours and symbols

One unexpected feature



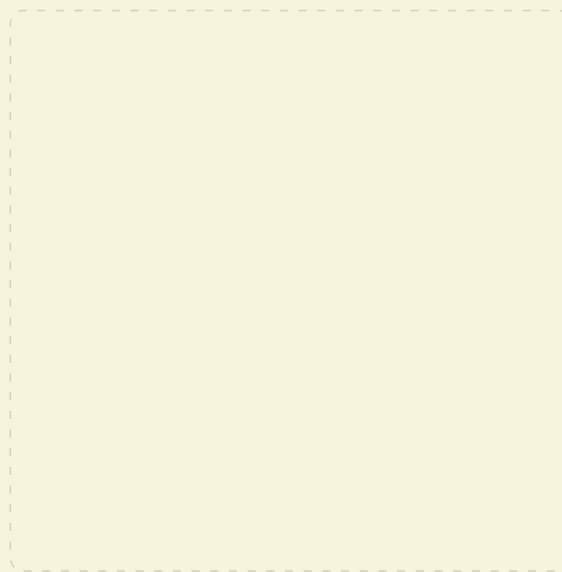
The creative swap

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.

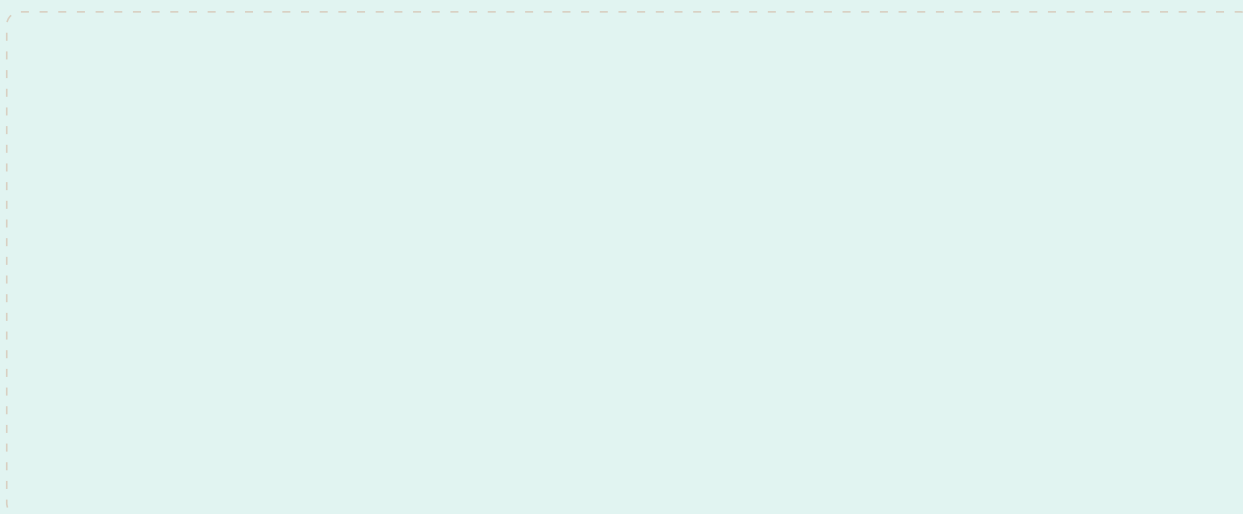
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption





What supports me

Name people, places and habits that help.

Someone I can approach

A routine that works for me

Support I want to ask for



Family, with my perspective

Keep a shared memory or conversation.

What happened

What I noticed

What I want to carry forward



The keepsake page

Save a photo, sketch, ticket or written scene.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I chose

Its story

What it represents to me



Design the rest of the street

Continue the unfinished street. Add a building, a public space or an unexpected feature. Explore perspective and scale, or take the scene in a deliberately surreal direction.



What this street needs

A choice in my design

A title for the finished 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 17

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/.