

Kins

THE KINS ACTIVITY JOURNALS

YEAR 17 / AGES 17-18

The horizons year

My year at 17



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 17 means the year from your 17th birthday to just before you turn 18. 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



Seventeen, as it is

Keep the present alongside the possibilities.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What fills my days

What feels important

What remains open



A visual route forward

Draw an open-ended map of possibilities. Add side roads and pauses as well as destinations.

Doodle, map, collage or design here

**A direction that
interests me**

A useful connection

**A question to leave
open**



Learning and next steps

Keep the questions behind your plans.

What I am working towards

What I need to find out

Where I can seek support



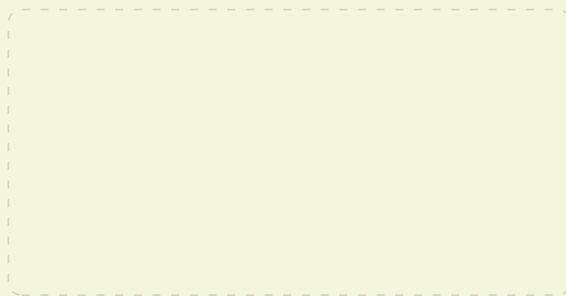
Six creative detours

Pick any of these. Try it here, or keep a starting idea for later.

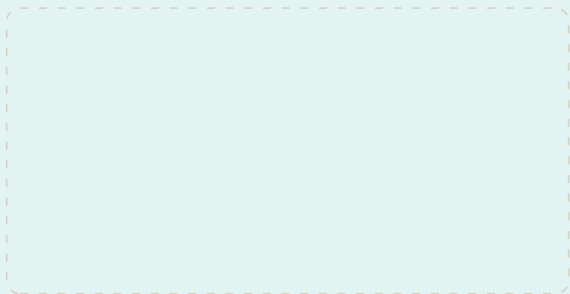
An album cover for today



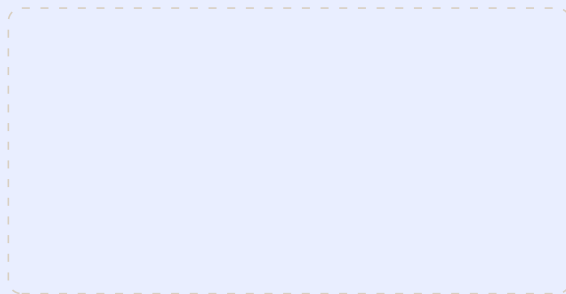
A six-word story



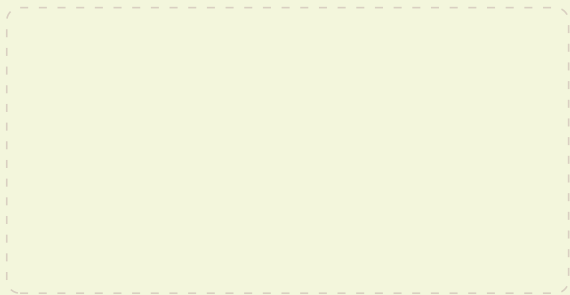
A symbol for a mood



A place drawn from memory



An impossible invention



A detour of my own





Independence with support

Save a responsibility or new experience.

What I managed

Support I chose

What I would do differently



Money and priorities

Use a real or imagined choice without private financial details.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I am planning for

A trade-off to consider

What I want to understand better



Friendships I want to keep

Record connections beyond a shared routine.

A memory

What the friendship means

How I want to stay connected



Relationships that respect me

Write about a connection of your choosing.

What I value

How we communicate

What boundaries help

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



A small creative brief

Write a brief for a personal project. Choose a first version that fits the time and tools you have.

Sketch the outcome

The practical limits

One test before I go further



The place I belong

Belonging can travel with people and routines.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A place, group or person

What connects me

What I want to keep as life changes



My birthday at seventeen

Remember the day in your own way.

How I marked it

A message or conversation

A detail to keep



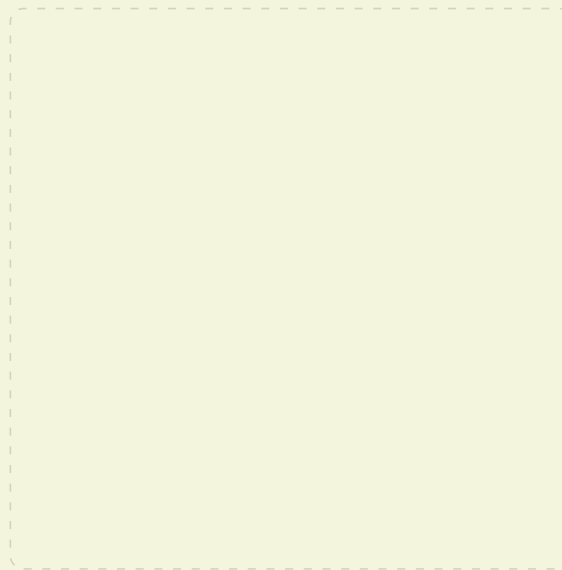
The creative swap

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.

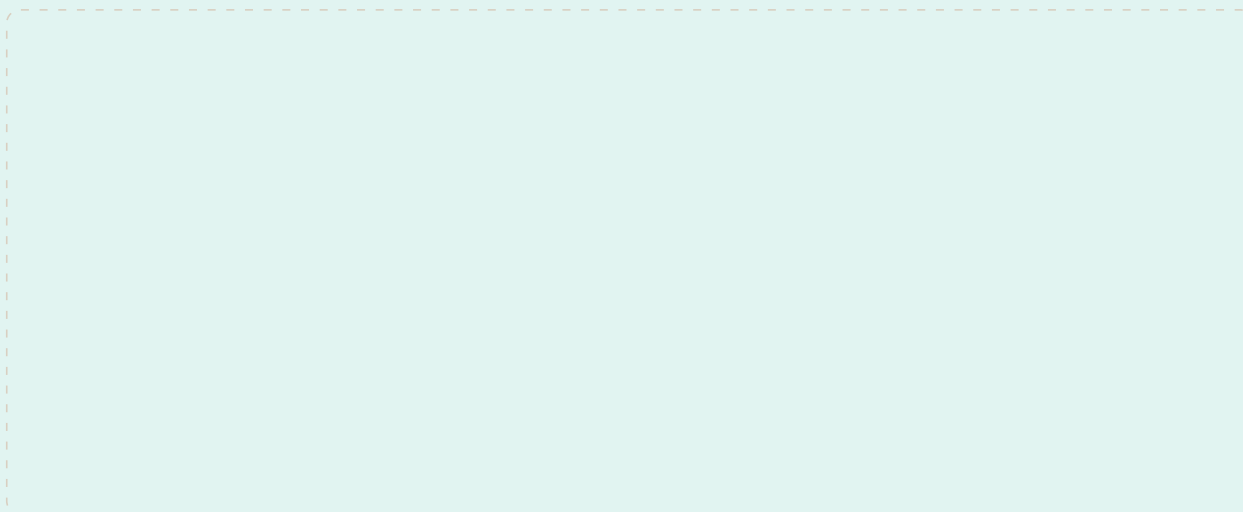
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption





An ordinary day worth saving

Keep a day before it becomes a blur.

The routine

A small moment

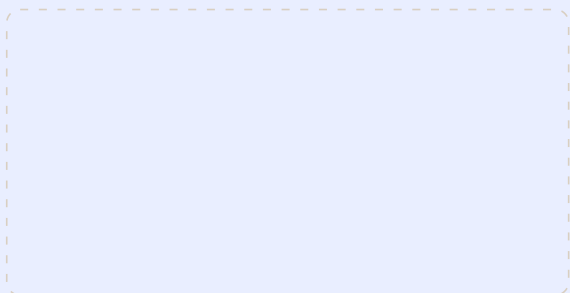
What made it mine



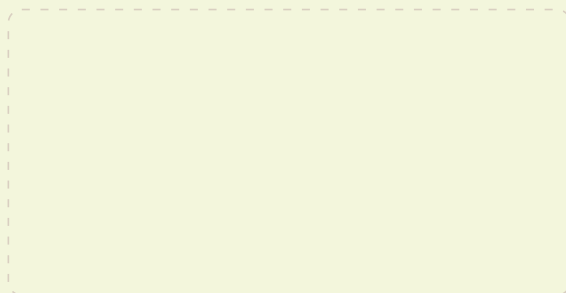
My culture edit

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

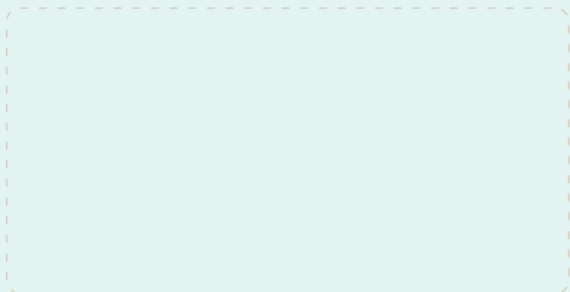
A sound or track



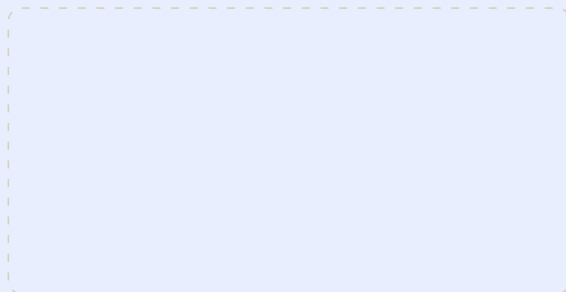
A story or game



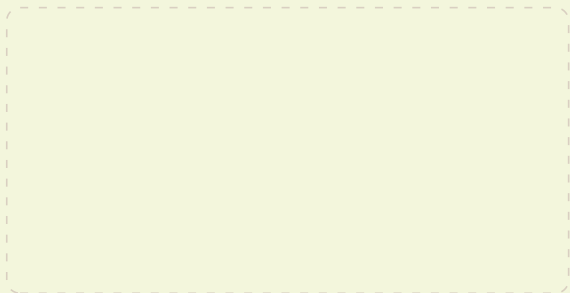
An image or artwork



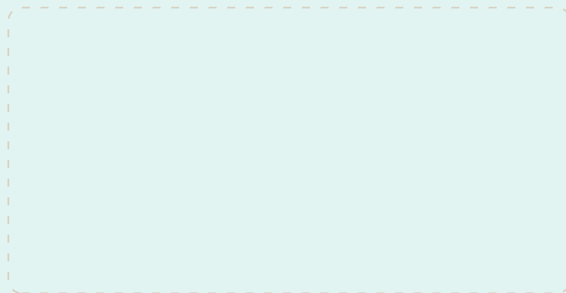
A place or experience



Something I made



A category of my own





A day worth filming

Storyboard an ordinary moment as a short film. Find the detail that makes it yours.

1. Establish the scene

Words or a caption (optional)

2. Focus on one detail

Words or a caption (optional)

3. The closing shot

Words or a caption (optional)



My digital choices

Record your preferences without identifiers or private messages.

What I create or enjoy

How I choose what to share

What I want to protect



The support I can carry forward

Think about people, routines and ways to ask.

Someone I can turn to

What helps when plans change

Support I want to seek



The keepsake page

Attach, sketch or describe a memory.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I saved

The story behind it

What it means at seventeen



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 18

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/.