

Kins

THE KINS ACTIVITY JOURNALS

YEAR 18 / AGES 18-19

The beginnings year

My year at 18



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 18 means the year from your 18th birthday to just before you turn 19. It is an age, not a school year. Start on your birthday, today or by looking back.

INSIDE THIS CHAPTER

A snapshot of me	03
Creative activities and my stories	04-23
A letter to my future self	24
Looking back, looking ahead	25

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



Eighteen, my starting point

Early adulthood does not have to follow one timetable.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

**What life looks like
now**

What feels different

What is still familiar



Who I am, for now

Keep a portrait that leaves room for change.

What I value

What interests me

What I am still discovering



My birthday at eighteen

Mark the day however it happened.

How I spent it

People or messages

A moment I want to keep



My next chapter, visually

Design a cover for a chapter you might choose. Use colours, symbols and a title that feels like you.

Doodle, map, collage or design here

The working title

What the design stands for

Something I want to leave open

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



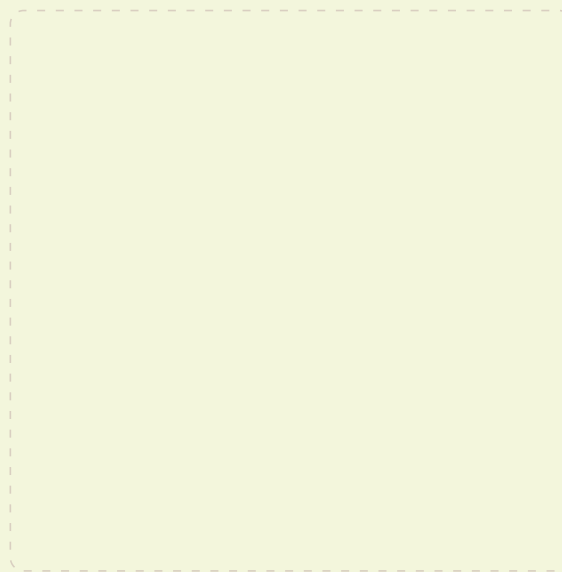
The creative swap

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.

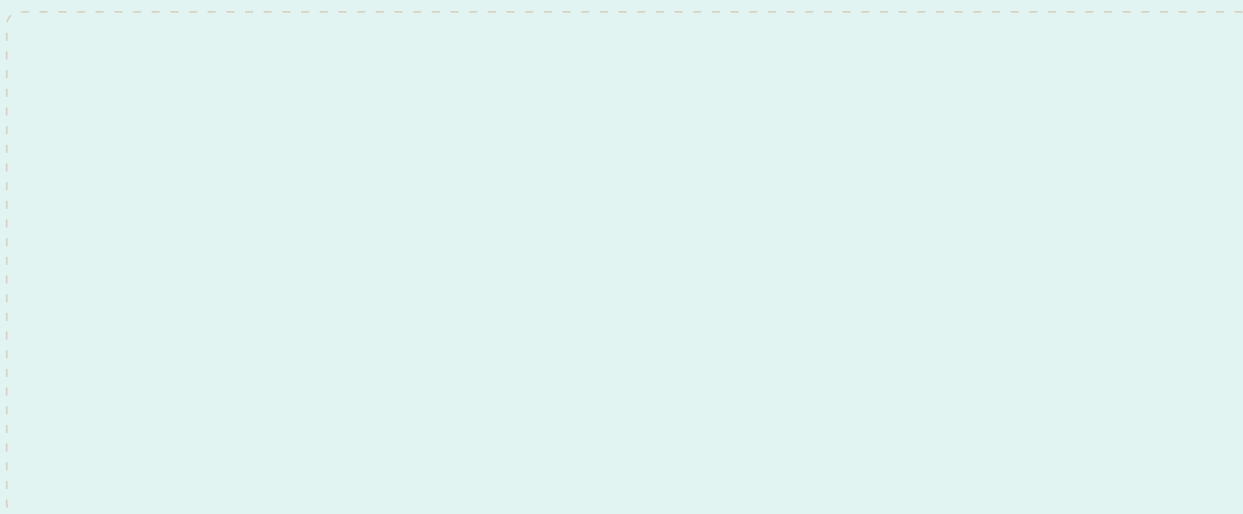
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption





My independent-life remix

Explore versions of everyday life that could suit you. Invent options without needing a fixed plan.

A routine I would enjoy

A creative habit

A way to stay connected

A low-cost adventure

A space I would make mine

An unexpected possibility



Money and everyday priorities

Use a real or imagined plan without private numbers.

What I want to plan for

A trade-off

A question I need answered



Independence, my version

Responsibility can grow with support.

Something I manage

Support I value

A next step I choose



Where I feel at home

Home can be a place, people or familiar rituals.

What home means to me

Something I want to keep

Something I want to create



Friendships across chapters

Keep a connection you want to carry forward.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A memory

What I value

How I want to stay connected



Relationships and mutual respect

Write about any connection you choose.

What I need

What I can offer

A boundary that matters



Family stories I carry

Choose a memory, conversation or tradition.

The story

My perspective

What I want to take forward



My idea, first draft

Turn an interest into a small project or experiment. Decide what is enough for a first attempt.

The rough concept

A practical first step

What I would learn by trying



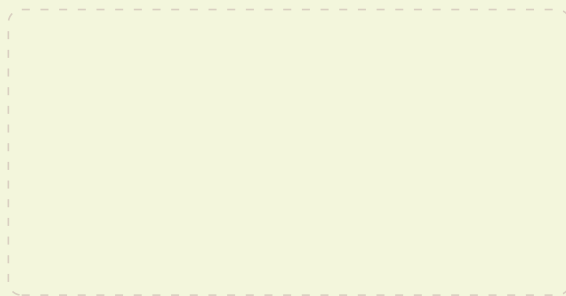
My culture edit

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

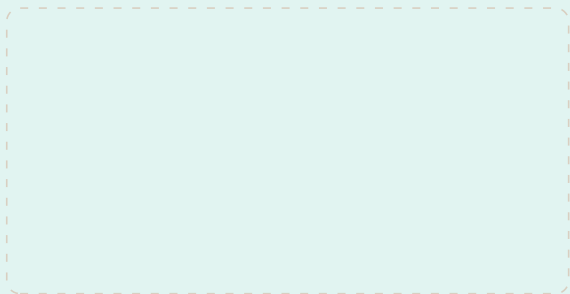
A sound or track



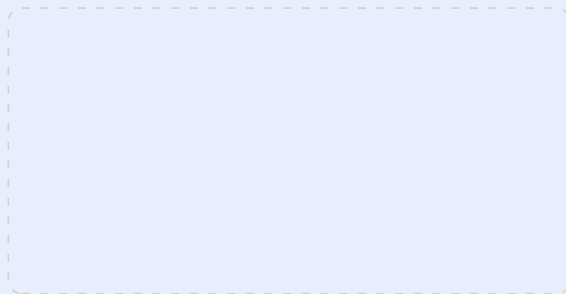
A story or game



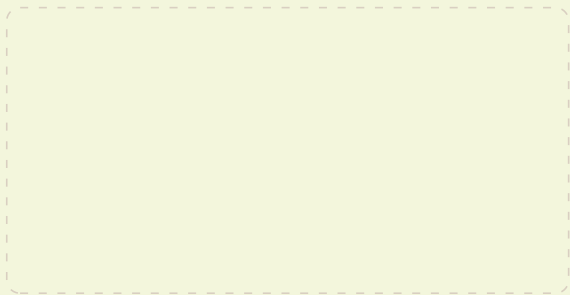
An image or artwork



A place or experience



Something I made



A category of my own





A story I would tell

Storyboard a real memory or an imagined scene for a short film, comic or photo essay.

1. The opening image

Words or a caption (optional)

2. The moment at its centre

Words or a caption (optional)

3. What I want the ending to leave

Words or a caption (optional)



A day at eighteen

Save the ordinary texture of early adulthood.

The setting

The small moments

What feels like this chapter



Support I choose

Independence can include connection.

People I can approach

Routines or places that help

How I want to ask for support



The keepsake page

Use a photograph, drawing, memento or description.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I chose

Its backstory

What it stands for now



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 19

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/.