

Kins

THE KINS ACTIVITY JOURNALS

YEAR 7 / AGES 7-8

The curiosity year

My year at 7



DRAW / PLAY / DISCOVER

THIS JOURNAL BELONGS TO

A4 / 51 PAGES / FREE TO PRINT AND KEEP



Your year. Your ideas. Your way.

This book is yours! Draw, play, invent and tell your stories. You can write a little, use pictures or ask someone to write your words. Start with a page you like. Invite a grown-up to help whenever you want.

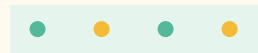
Year 7 means the year from your 7th birthday to just before you turn 8. It is an age, not a school year. Start on your birthday, today or by looking back.

INSIDE THIS CHAPTER

A snapshot of me	03
Creative activities and my stories	04-37
Twelve monthly doodle-and-story pages	38-49
A letter to my future self	50
Looking back, looking ahead	51

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

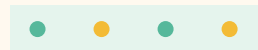
My birthday / the dates this book covers

A place or group that matters to me

Three words I choose for myself

What I enjoy right now

A memory I want to keep



A question turns into a quest

Turn a question into a three-part adventure. The answer can be real or made up.

1. The big question

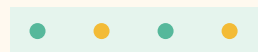
Words or a caption (optional)

2. The search begins

Words or a caption (optional)

3. What I discover

Words or a caption (optional)



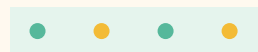
A skill I chose

This page is for something you wanted to learn.

What I chose

How I began

What keeps me interested



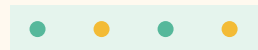
A story I read

Books, comics, audiobooks and shared stories all belong here.

The story

A detail I noticed

My own ending or next chapter



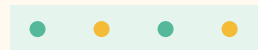
My learning world

Remember learning at school, at home or out in the world.

What we explored

Who I learned with

An idea that stayed with me



A project from scratch

Keep the story of something you made.

My first idea

My materials or tools

The part I changed



Small experiments, big ideas

Choose a challenge. Try it with help if you need it, then draw or write what happened.

Make a paper bridge

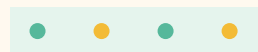
Mix two colours

Invent a new word

Draw with your other hand

Build a tall paper tower

Make up your own test



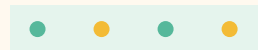
My friendship map

Describe the people you enjoy spending time with.

Things we like doing

A memory with a friend

A way I welcome someone



My game, my rules

Invent a game that needs only things you already have. Test it with someone.

Draw the game or playing area

Three simple rules

What I changed after playing



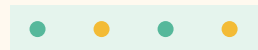
A disagreement we worked through

Keep only the details you want to share.

What felt difficult

How we listened

Something we might try next time



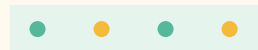
Words worth saving

Remember a phrase, joke or conversation.

What was said

Who was there

Why we remember it



My hobby shelf

Show the things you enjoy doing in your own time.

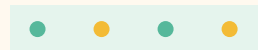
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I choose first

What I need for it

Something I want to explore



A thoughtful choice

Remember a time you stopped and thought.

My choices

What helped me decide

How it turned out



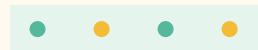
A kindness I noticed

Small actions count.

What someone did

How it helped

An idea I would like to try



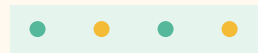
My birthday at seven

Save the details of your day.

Our plans

Who shared it

A moment that felt like me



Design a secret hideout

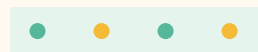
Draw a hideout for a story. Label three things that make it a great place to play.

Doodle, map, collage or design here

A way in

Something useful

A surprise inside



The world outside

Observe a plant, animal or patch of sky.

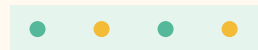
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Where I looked

What changed

What I want to find out



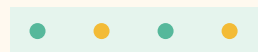
A recipe we made

Keep a food story and the person you shared it with.

What we made

My part in making it

What I would add next time



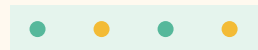
Moving and playing

Remember an activity you enjoyed, in your own way.

What I chose

Who joined me

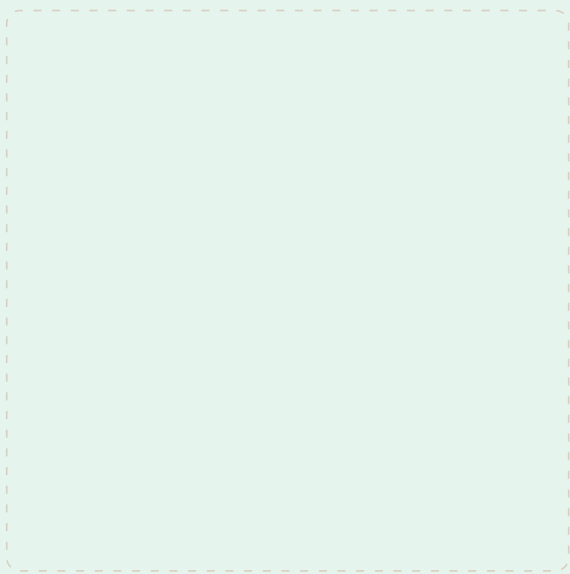
The part I liked most



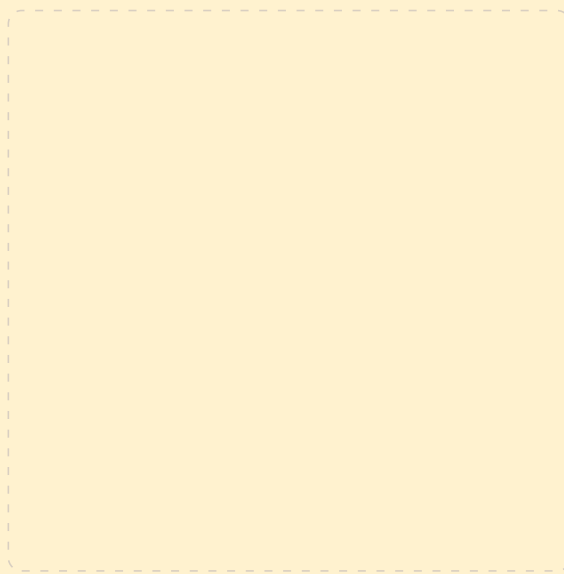
Two drawings, one surprise

Invite a parent, carer or someone you choose. Draw one funny creature each, then mix your ideas below.
On your own? Draw two different creatures.

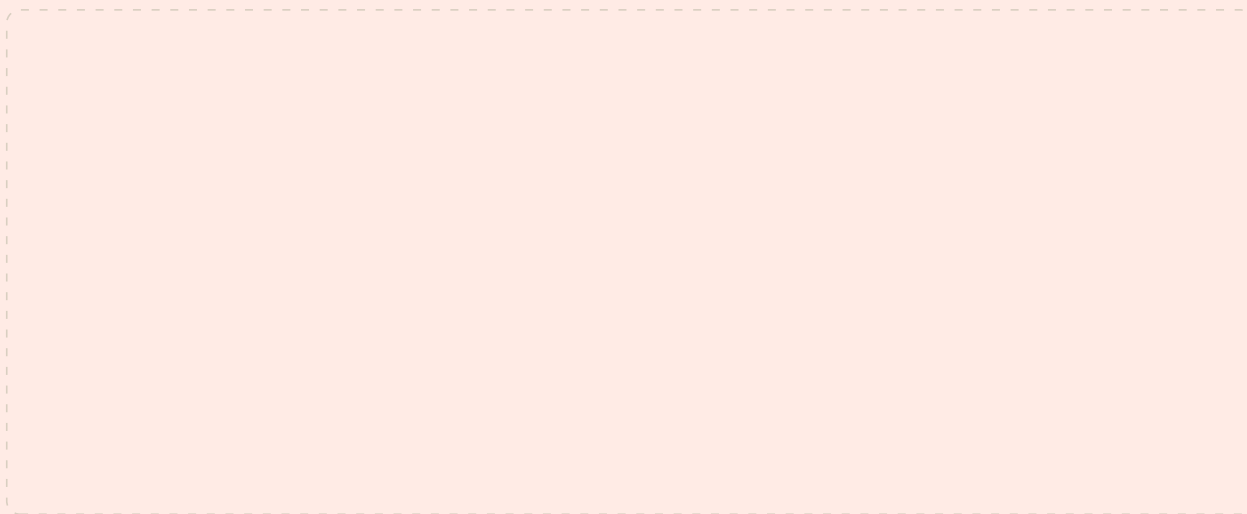
My creature

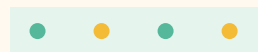


Their creature / my second one



Our mixed-up creature





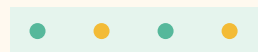
An ordinary afternoon

Keep a day that might otherwise be forgotten.

Where I was

What I did

A detail only I might notice



A visit to remember

Near or far, who or what did you discover?

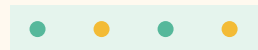
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Where we went

Something new to me

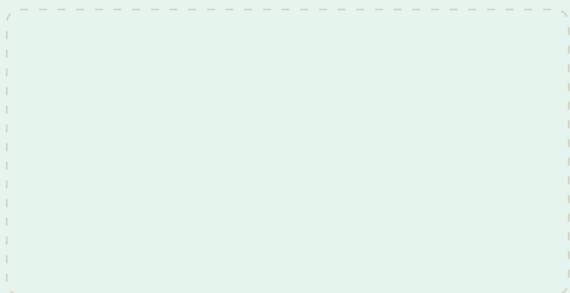
A moment to keep



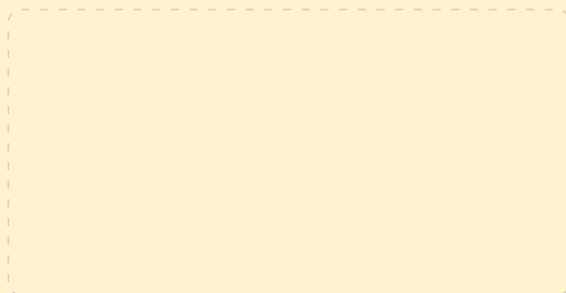
My favourites gallery

Draw a favourite in each little frame. You can change the labels to make them yours.

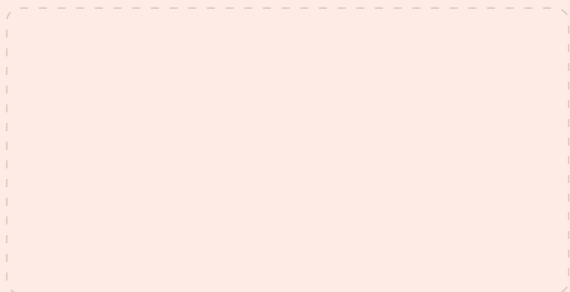
A game



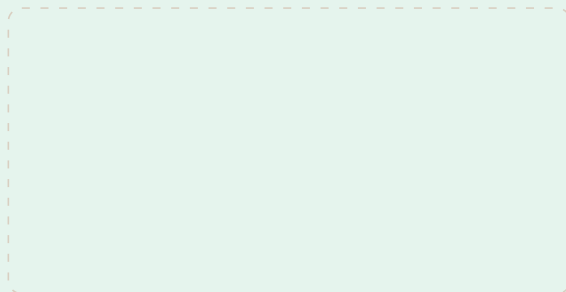
A story



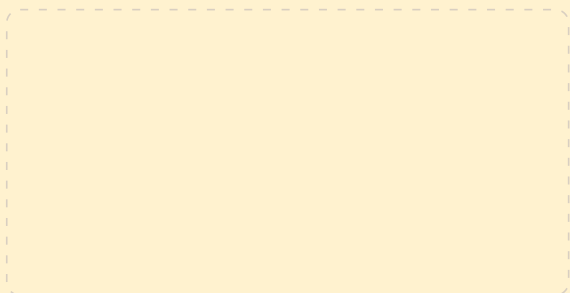
A place



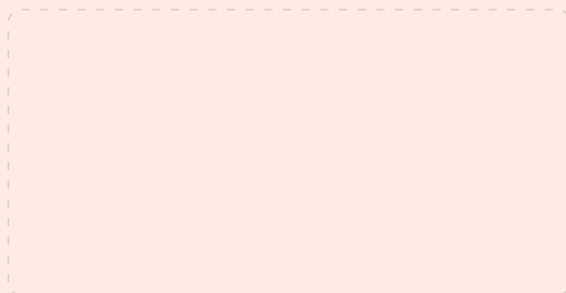
A snack



An animal



A favourite of my own



Finish my playground

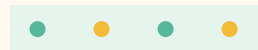
The picture has only just begun! Follow the stepping stones into the empty space. Draw somewhere you would love to play, then colour it.



My new play idea

Who could join in

A name for my
playground



A job I helped with

Remember a job you helped with.

What needed doing

My part

Something I learned



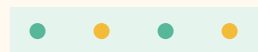
What helps on a hard day

Describe your own small comforts.

Something I can do

Someone I can ask

A kind thing to tell myself



A place I belong

Keep a space or group where you feel welcome.

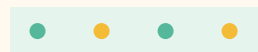
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Where it is

Who is there

What makes it feel good



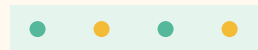
Family stories

Ask someone about a memory they like sharing.

Who I asked

Their story

My question for them



Our favourite little routine

Keep a routine that makes a day feel familiar.

What we do

When we do it

What I would miss about it

My colourful treehouse

Colour the garden and treehouse. Choose any colours you like. Add one tiny surprise of your own.



My favourite colour

My tiny surprise

A name for this place



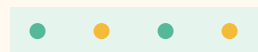
A mistake that taught me

A mistake does not have to become a big lesson.

What I tried

What surprised me

What I might do differently



A photo with a story

Use a photo, drawing or description.

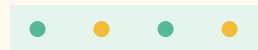
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

The moment

What the picture
cannot show

Why I kept it



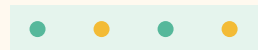
Something I am proud of

Effort and kindness count as much as finished work.

What happened

What I put into it

Who I shared it with



An idea for next year

Keep possibilities, not a to-do list.

Something to try

A question to explore

Someone to share it with



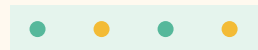
A note from someone close

Invite someone you choose to write this page for you.

A memory we share

Something I enjoy about you

Something I would like us to do together



Month 1: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

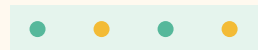
MONTH / YEAR

My month as a doodle, photo or comic

An everyday moment

Something I learned or tried

A detail I want to keep



Month 2: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

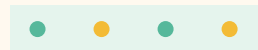
MONTH / YEAR

My month as a doodle, photo or comic

A conversation worth saving

Something I chose to do

A person who was part of my month



Month 3: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

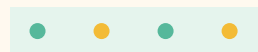
MONTH / YEAR

My month as a doodle, photo or comic

A place I spent time

Something that made me laugh

Something I am still wondering



Month 4: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

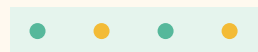
MONTH / YEAR

My month as a doodle, photo or comic

A change I noticed

A creative or playful moment

A memory I would share



Month 5: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

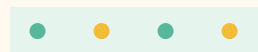
MONTH / YEAR

My month as a doodle, photo or comic

A question I explored

A moment with someone I care about

A small thing I appreciated



Month 6: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

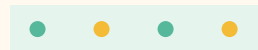
MONTH / YEAR

My month as a doodle, photo or comic

Something I kept practising

A surprise

A favourite ordinary day



Month 7: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

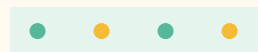
MONTH / YEAR

My month as a doodle, photo or comic

A plan and what happened

Something I noticed outside

A moment of kindness



Month 8: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

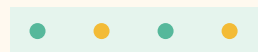
MONTH / YEAR

My month as a doodle, photo or comic

An idea of my own

Something that felt familiar

Something new to me



Month 9: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

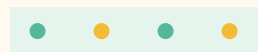
MONTH / YEAR

My month as a doodle, photo or comic

A story, song or game I enjoyed

A helpful person or moment

A detail from home



Month 10: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

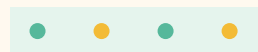
MONTH / YEAR

My month as a doodle, photo or comic

Something I helped with

A place or journey

A conversation I remember



Month 11: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

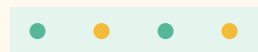
MONTH / YEAR

My month as a doodle, photo or comic

Something I feel pleased about

Something I want more time for

A memory with a friend



Month 12: draw, try, remember

Choose any month. Add a doodle, a new idea and one moment you would replay.

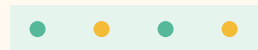
MONTH / YEAR

My month as a doodle, photo or comic

A favourite moment this month

Something that changed

Something I want to keep doing

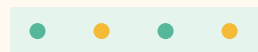


A letter to my future self

Draw a note, write a few words or tell someone what to write. Choose when to read it again.

WRITTEN ON / TO BE OPENED WHEN

What do I like right now? What would I like to try? What do I want to remember?



Looking back, looking ahead

There is no need for a perfect ending. Keep what matters to you.

My favourite memory

Something I learned about myself

Something I might try at 8

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/.