

Kins

THE KINS ACTIVITY JOURNALS

YEAR 8 / AGES 8-9

The possibility year

My year at 8



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.

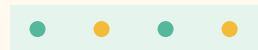
Year 8 means the year from your 8th birthday to just before you turn 9. It is an age, not a school year. Start on your birthday, today or by looking back.

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

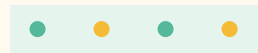
My birthday / the dates this book covers

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 poster for my big idea

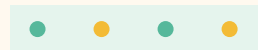
Design a poster for an imaginary club, game or event. Use pictures, colours and a bold title.

Doodle, map, collage or design here

The name

Who would enjoy it

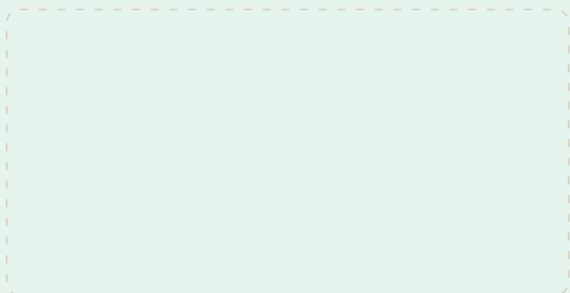
One eye-catching detail



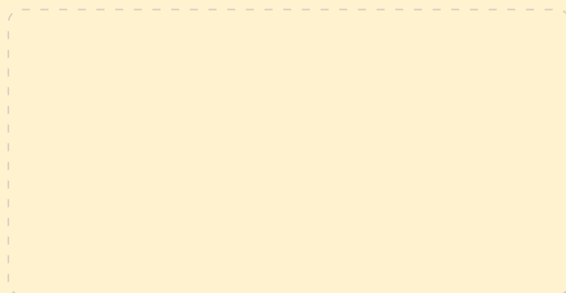
My favourites gallery

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

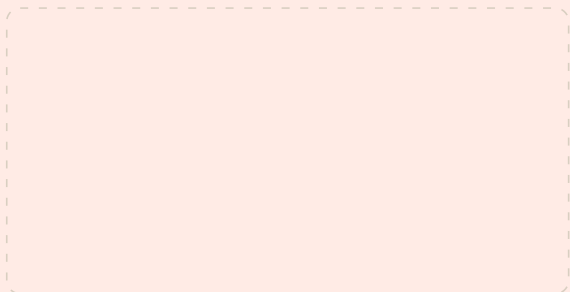
A game



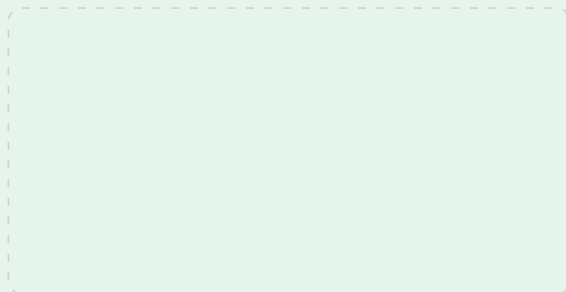
A story



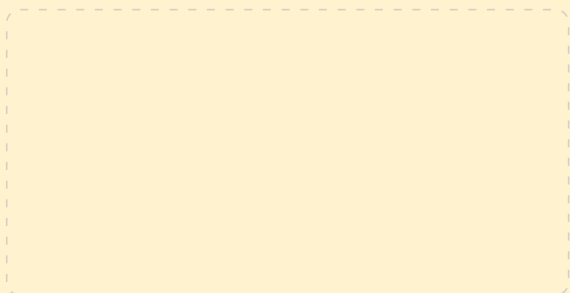
A place



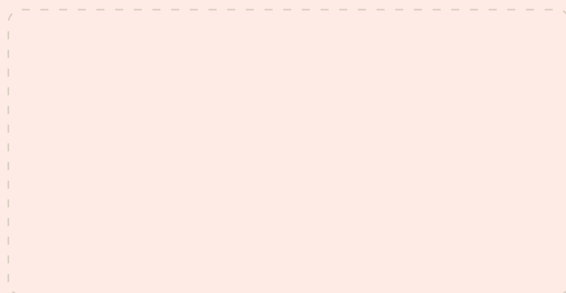
A snack

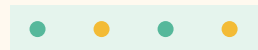


An animal



A favourite of my own





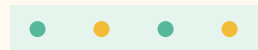
Learning that surprised me

Remember a lesson beyond a mark or result.

What I learned

Why it caught my attention

What I want to know next



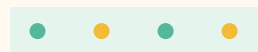
A book that stayed with me

Save a story, comic or audiobook.

The title

A person or idea in it

Something it made me wonder



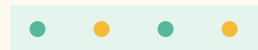
How we became friends

Keep a friendship story.

How we met

Something we share

A memory that feels like us



Our group, our way

Think about a group, club or shared activity.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What brings us together

My part

How we make room for others

Finish my playground

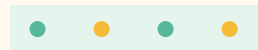
The picture has only just begun! Follow the stepping stones into the empty space. Draw somewhere you would love to play, then colour it.



My new play idea

Who could join in

A name for my
playground



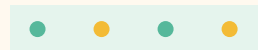
A problem I worked on

The page can hold an unfinished problem too.

What I wanted to work out

Things I tried

A helpful idea from someone else



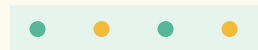
My birthday at eight

Remember a birthday in your own words.

What I hoped for

What actually happened

A detail I want to keep



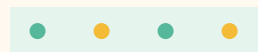
The place I would recommend

Describe a place so another person can picture it.

Where it is

What I do there

What makes it special to me



My camera eye

Choose a photo, draw the scene or describe it.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What caught my eye

A detail in the frame

The story behind it



An ordinary day, remixed

Give a real moment a surprising twist. Tell the story with pictures and speech bubbles.

1. The ordinary beginning

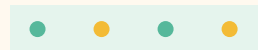
Words or a caption (optional)

2. The unexpected twist

Words or a caption (optional)

3. My new ending

Words or a caption (optional)



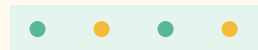
Being part of a team

A team can be for games, projects or helping.

What we did together

How I helped

What someone else brought



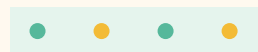
A choice that mattered

Remember a decision in everyday life.

What I was choosing

What I thought about

How I felt afterwards



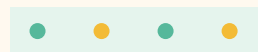
When plans changed

Keep a story with an unexpected turn.

What we planned

What happened instead

Something worth keeping from it



Looking closely at nature

Take time to notice one living thing or place.

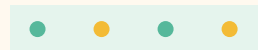
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

My subject

What I observed

A change over time



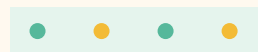
The cardboard invention

Imagine a useful or completely silly cardboard invention. A drawing is enough.

Sketch and label my invention

What it would do

One improvement to try



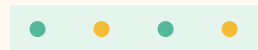
Something I saved

A keepsake can be small and ordinary.

What it is

How it came to me

Why I kept it



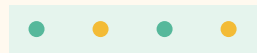
My favourite food story

Keep a meal with a memory attached.

What we ate

Who shared it

The story I remember



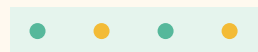
Music in my world

Keep a song, instrument or sound you like.

My choice

Where I hear it

What it makes me imagine



Something I practised

Notice your own pace of learning.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I tried

What helped me
practise

A change I noticed



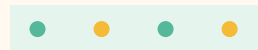
Helping beyond myself

Keep an action that helped someone or somewhere.

What was needed

What I did

What I noticed afterwards



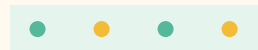
My useful routine

Describe a routine that works for you.

When I use it

What I do

What I would change



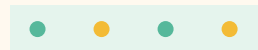
What fair means to me

Use a real or imagined example.

A situation I noticed

What felt fair or unfair

An idea for making it better



My creative pick-and-mix

Pick a mini challenge. Fill its box with a doodle, idea or note. There is no score.

Design a club badge

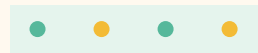
Invent a snack name

Draw a new animal

Make a word puzzle

Sketch a dream bike

Create your own challenge



A quiet interest

Not every interest needs an audience.

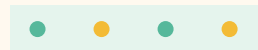
PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I enjoy

How I spend time on it

A detail people might
not know



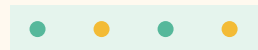
When I needed help

Keep only what you feel comfortable sharing.

What was tricky

Who or what helped

What I want to remember



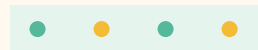
A family story I asked about

Ask a question of someone close.

My question

Their memory

Something that surprised me



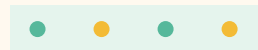
Our everyday place

Save the details of home or another familiar space.

A sound

A view

A routine that belongs here



A special gathering

Remember an occasion meaningful to you.

Why we gathered

The people

A small detail from the day

My colourful treehouse

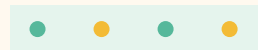
Colour the garden and treehouse. Choose any colours you like. Add one tiny surprise of your own.



My favourite colour

My tiny surprise

A name for this place



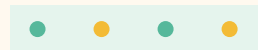
A moment I would replay

Choose a memory for this page.

Where I was

Who was there

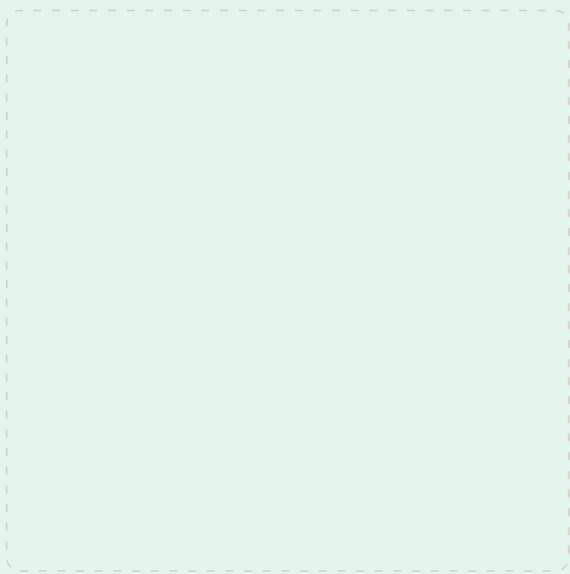
What made it worth keeping



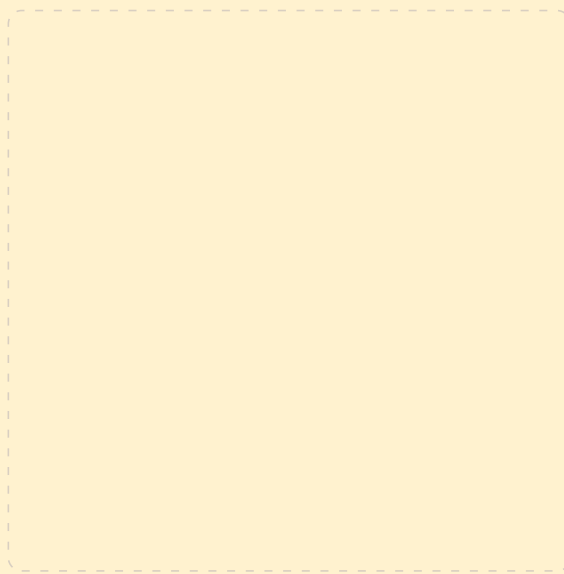
Two drawings, one surprise

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.

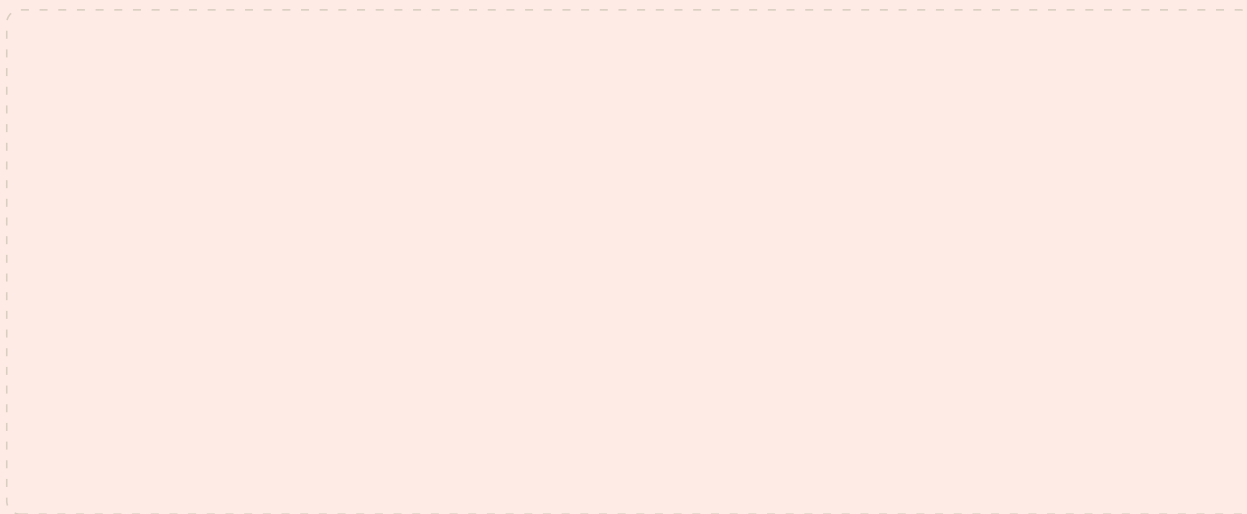
My creature

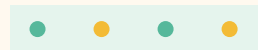


Their creature / my second one



Our mixed-up creature





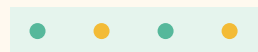
A note from someone close

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.

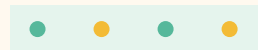
MONTH / YEAR

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.

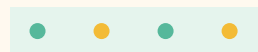
MONTH / YEAR

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.

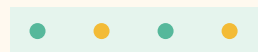
MONTH / YEAR

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.

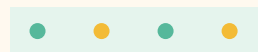
MONTH / YEAR

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.

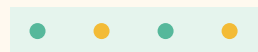
MONTH / YEAR

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.

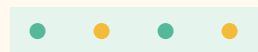
MONTH / YEAR

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.

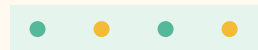
MONTH / YEAR

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.

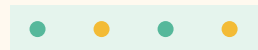
MONTH / YEAR

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.

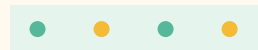
MONTH / YEAR

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.

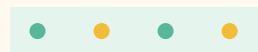
MONTH / YEAR

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.

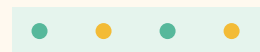
MONTH / YEAR

My month as a doodle, photo or comic

A favourite moment this month

Something that changed

Something I want to keep doing

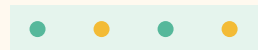


A letter to my future self

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 9

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/.