

Kins

THE KINS ACTIVITY JOURNALS

YEAR 9 / AGES 9-10

The perspective year

My year at 9



MAKE / EXPLORE / TRY IT

THIS JOURNAL BELONGS TO

A4 / 51 PAGES / FREE TO PRINT AND KEEP



Your year. Your ideas. Your way.

Grab a pencil and make this book your own. Try a comic, design something, doodle an idea or save a favourite moment. Jump between pages and change the prompts if you like. You can work on your own or invite someone to join in.

Year 9 means the year from your 9th birthday to just before you turn 10. 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

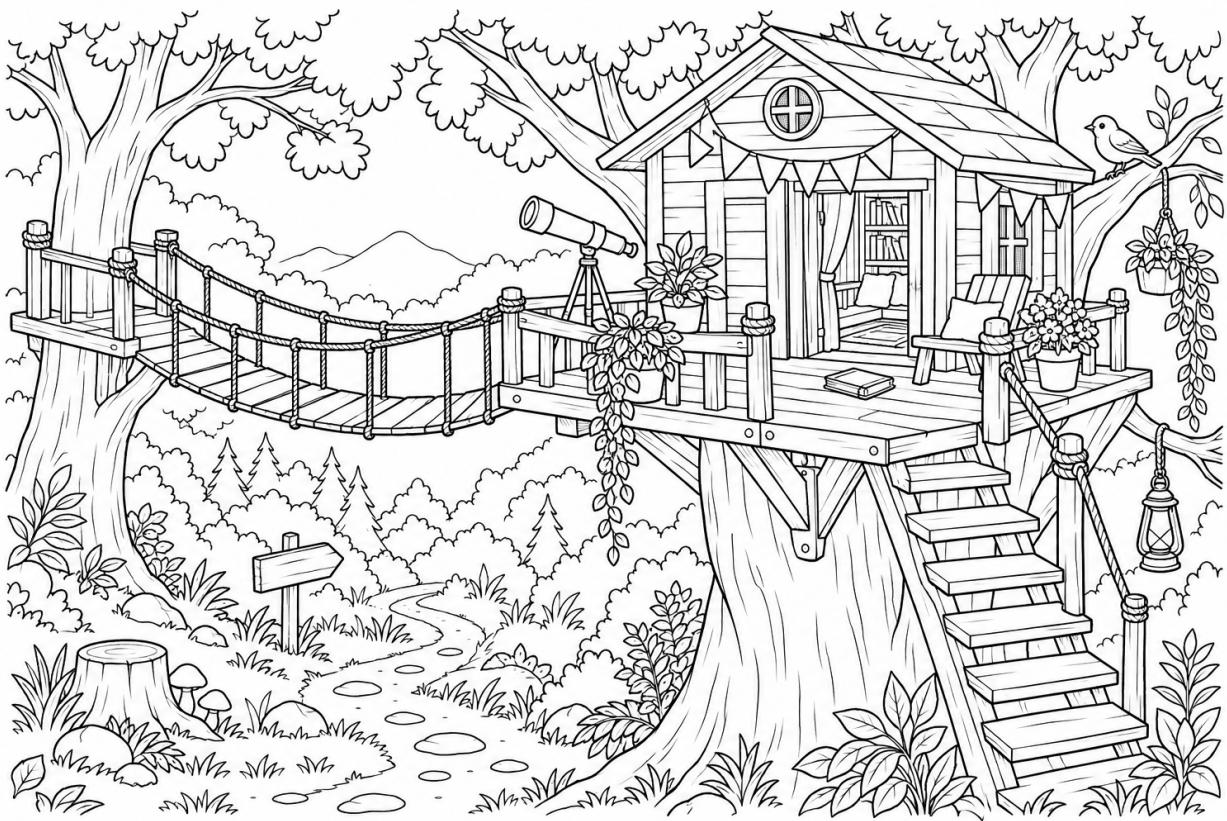
What I enjoy right now

Something I want this journal to remember



The hideout colour challenge

Bring this treehouse hideout to life. Try using just three colours, add patterns to the bunting or invent a surprising colour scheme.



My colour palette

A pattern I added

What happens here



The subject that draws me in

Learning happens in lots of places.

What interests me

A question I explored

What I would investigate next



A story that changed my mind

A book, film, conversation or real event can belong here.

The story

My first thought

What I see differently now



Friendship in detail

Keep the ordinary details that make a friendship yours.

What we talk about

What we enjoy

A time we understood each other



Joining in

Remember a group or activity you tried.

Why I joined

What my first day was like

What helped me feel included



The boredom-buster menu

Create a menu of things you would actually like to do. Sketch an idea in each space.

Ten minutes to spare

A rainy afternoon

Something with a friend

Something outdoors

Something to make

A completely new idea



Design a better everyday thing

Pick an everyday object and imagine a new version. Useful, funny or both is fine.

My redesigned object

What I would change

How someone would use it



My birthday at nine

Choose the details that feel important.

How I spent it

A conversation to save

What nine feels like to me



A place through my eyes

Describe a familiar or new place.

What I notice first

A detail others might miss

The memory I connect to it



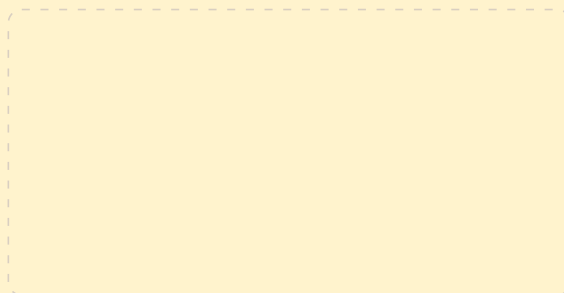
The favourites edit

Make a tiny gallery of recommendations. Draw the cover, a scene or a symbol for each choice.

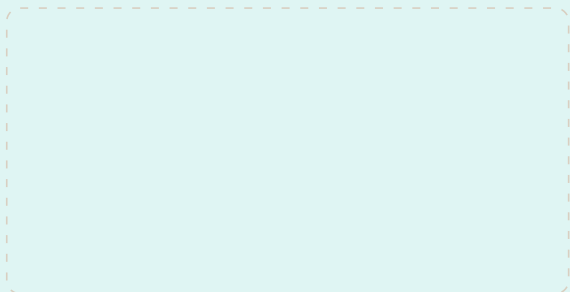
A book or comic



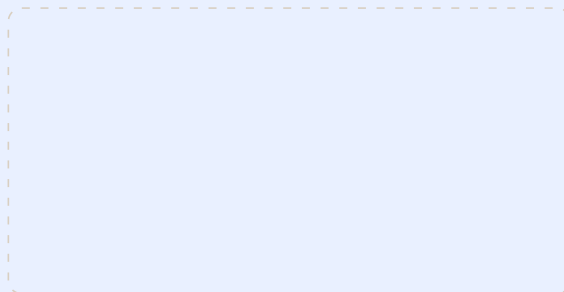
A game



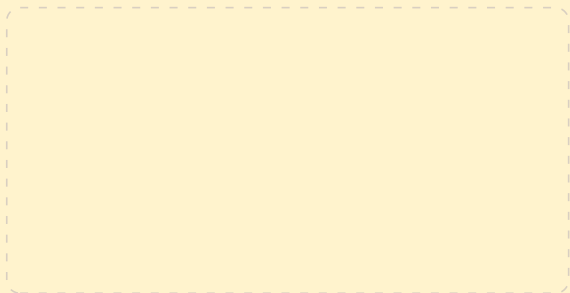
A song or sound



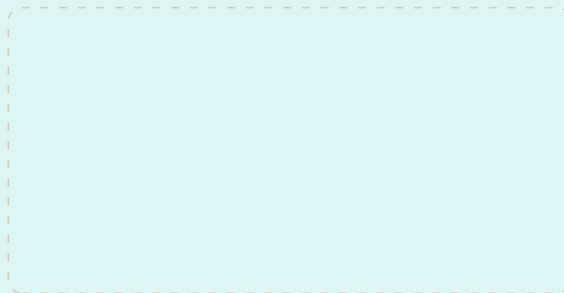
A place



Something to make



My own category





My life as a comic strip

Turn a small real event into a three-panel comic. Give it a title and your own style.

1. Set the scene

Words or a caption (optional)

2. The moment that matters

Words or a caption (optional)

3. The last panel

Words or a caption (optional)



A challenge on my terms

Remember effort without needing a perfect result.

What I attempted

What helped

What I discovered about myself



The team moment

Remember working or playing with other people.

Our aim

My part

What we learned together



A responsibility I took on

Keep a useful job or promise.

What I agreed to do

How I managed it

A part I would improve



Same memory, two versions

Invite a parent, carer or friend. Draw or write one version each of a shared funny moment without peeking, then compare below. Solo? Show it from two viewpoints.

My version

Their version / another viewpoint

A detail to combine or a difference we enjoyed



Make a map of my world

Map the people, places and interests that make your world yours. Real locations are optional.

Doodle, map, collage or design here

A place that matters

An interest to explore

A connection to keep



A discovery outdoors

Notice something over time.

Where I looked

What I found

What changed



My favourite conversation

Keep the words and the feeling.

Who I talked with

What we discussed

Why it stayed with me



Beyond the floating island

Complete the bridge and invent what lies beyond it. Add another island, an unusual building or something nobody would expect. Colour your finished world.



Where the bridge leads

My unexpected detail

A name for this world



What kindness looks like

Keep an action you noticed or took.

The situation

The action

Why it mattered



When I disagreed

There can be more than one point of view.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What we saw differently

How we talked about it

Something I understood afterwards



My screen-time memories

Remember a game, video or creative activity you enjoyed.

What I chose

Who I shared it with

What made it memorable



A thing I cared for

A plant, place, object or shared space can belong here.

What it was

How I cared for it

What I noticed



My ordinary day

Record a day that felt typical.

The beginning

A moment in the middle

How the day ended



Home traditions

Keep a repeated moment from your family or caring circle.

What we do

How it began, if we know

What I would keep



A visit that widened my world

Remember a place, person or experience.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What was new

What surprised me

A question I brought home



Money in everyday life

Use an imagined example or a small real choice.

Something I wanted

How I considered the choice

What I learned about waiting or choosing



What makes me feel settled

Keep your own comforts and routines.

A place

An activity

A person I can talk to



Something I changed my mind about

You are allowed to change your mind.

My earlier thought

What happened

My view now



A keepsake with a backstory

Use the space for a photo, drawing or memento.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What I kept

Where it came from

What it stands for



Someone I learned from

The person can be close to you or someone you read about.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

Who they are

What I noticed

An idea I took from them



Something only I would notice

Save a small observation.

What I saw or heard

Why it caught my attention

How I would describe it



Questions for next year

Keep curiosity open.

Something I want to understand

Something I want to try

Someone I want to ask



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 moment that sums up this month

Something that changed

Something I want to carry forward



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 10

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/.