

The Christmas Spirit Keepsake

Memories, kindness and little wishes

Days 1 to 24, plus Christmas Day







By Pip Pagewood

My Journal Adventures

This book belongs to _____

December 20 _____

A free keepsake from My Journal Adventures.

Hello, and welcome.

This is your Christmas journal.

There is no right way to use it.

Skip a day whenever you want. Come back later, or leave it blank. That is all fine.

A drawing counts as writing. A scribble counts as a picture.

Every kindness counts, however small. A smile is enough.

If you would like a grown-up to help, that is a lovely way to do it too.

With warmth,
Pip Pagewood
My Journal Adventures



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A note for grown-ups is on the next page.



A note for grown-ups

This is a keepsake, not a chart to finish. Starting late, skipping days, or filling only the drawings still makes a book worth keeping. There are no streaks. A blank day is just a blank day.

Younger children may want to draw while you write down their words on the dotted lines. Older children may write on their own, or draw, or both. The lines are widely spaced on purpose. Either way is right.

The How I did it spaces are there because the little details of a kindness are worth remembering — who it was for, how it felt, what happened. They are invitations, never something they have to finish. "Not this time, that's fine" is always a complete answer.

The wishlist is a list of wishes, not a shopping list you have to fulfil. The column for "wishes that aren't things" is there on purpose.

The kindness ideas are meant to be free or almost free, and safe to do at home, on a boat, or while travelling. Please go with your child for anything that leaves the front door (or the deck).

Father Christmas appears as a fun tradition. If that isn't part of your Christmas, the letter page can be a letter to someone you love, or to December itself.

Print on ordinary white paper, on A4 or US Letter — the same pages work on both. There is a low-ink version of this book as well, if you would rather save your cartridges. You do not have to print every page: choose the ones you like, in any order. If you print single-sided, the back of each page is extra room for a bigger drawing or a memory that needed more space. If you print double-sided and a memory still needs more room, you can print a day page again and slip it in.

Use what helps. Leave the rest.



Christmas me

A page to look back on. Fill in what you like. Leave any line blank.

My name is _____ **I am** _____ **years old.**

This is December, 20 _____

This Christmas I am here: _____

A house, a flat, a boat, a holiday — write or draw it.

People and pets I love to spend this time with:

_____

A treat I love: _____ **A song I love:** _____

A film or a story I love: _____

Something festive I like to look at: _____

A light, a star, a window, a decoration, a colourful mug — whatever looks like Christmas to you.

Draw yourself, this Christmas



Things we love to do

Some families have many traditions. Some have one. Some are just beginning. One is plenty. Old or new, big or tiny — they all belong here.

Things we already love

Something we might try this year *(only if you would like to)*

Little ideas, if you want them

A special breakfast. A film in pyjamas. Looking out of the window at the dark or the light. A walk, a deck, or a harbour wall. Calling someone who is far away. Making a paper decoration. A favourite story before bed. Lights in a window. A meal you like. A day in your cosiest clothes. A song you all know.



My wishlist

Wishes can be big or small. Some wishes come true and some stay wishes, and both kinds belong on this page. This is not a list anyone has to fulfil.

Things I would like
(if I could have them)

Wishes that aren't things

A few "not things" ideas, if you want them

Time with someone. A feeling (peaceful, giggly, brave, snug). A day in pyjamas. Time to play or to make something. A walk, a paddle, or a look at the sky. To learn a little thing. Snow, sunshine, or rain on the window. To make someone smile. A quiet morning.

You can draw a wish instead of writing it.

A wish list, not a shopping list.

A letter to Father Christmas

Or, if you like: a letter to someone you love, or to December itself. Write or draw. You can say thank you, send a wish for someone else, or just say hello. Short is perfect.

Dear _____ ,

I would also like to draw you something

From _____



A menu of tiny kindnesses

Here are thirty little ideas. They are meant to be easy, free or almost free, and kind.

Tick any you like — today, later, or not at all. You do not need to do all thirty. One is already wonderful. If an idea does not fit where you are, skip it and pick another.

A smile counts. A thank you counts. A drawing counts.

1. ◯ Smile at someone you are with.
2. ◯ Say thank you for something ordinary, like a meal or a cup of tea.
3. ◯ Draw a picture and give it to someone.
4. ◯ Help set the table, or clear a space for a meal.
5. ◯ Tidy one small corner, bunk or bag.
6. ◯ Tell someone one thing you like about them.
7. ◯ Leave a kind note, or a drawing, where someone will find it.
8. ◯ Share a snack — if you would like to.
9. ◯ Let someone else choose the game, the story or the film.
10. ◯ Put out a saucer of water, or a few crumbs, for birds — if you can, and a grown-up says it is all right.
11. ◯ Hum or sing a favourite song for someone.
12. ◯ Help with the washing up, or dry a cup.
13. ◯ Give a hug, a high-five, or a wave — if they would like one.
14. ◯ Tell a joke, a riddle, or a silly fact.
15. ◯ Put your own things away, just because.



16 ◯ Make a paper snowflake, a paper-chain link, or a paper star.

17 ◯ Listen, really listen, when someone is talking.

18 ◯ Offer to stir, mix, or pass something in the kitchen or the galley.

19 ◯ Make a thank-you drawing for a neighbour, a friend or a crew-mate, and ask a grown-up to help you share it.

20 ◯ Let someone else have the comfy seat, the cushion, or the good view.

21 ◯ Water a plant, or help look after a pet.

22 ◯ Sit with someone who looks tired, and keep them company.

23 ◯ Share a favourite book, or read a page aloud.

24 ◯ Pick up something that isn't yours and put it back kindly.

25 ◯ Make a tiny compliment card.

26 ◯ Do a helpful job together with a grown-up.

27 ◯ Play the game someone else is hoping you will play.

28 ◯ Send a kind wish quietly to someone you care about, near or far.

29 ◯ Make a window decoration, or brighten a cabin corner, with paper and what you already have.

30 ◯ Say "good morning" or "good night" in an extra-warm way.

Every kindness counts, however small. You can come back to this menu any day. If you try one, you can remember how you did it on a day page, if you like.



Day 1

The date, if you like: _____ Today I feel _____

The first thing that made me think, "It's December!"

Write or draw it — a light, a smell, a song, a jumper, or just a feeling.

What makes this time of year feel special where you are?

A tiny kindness

Say hello today in a warmer way than usual.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 2

The date, if you like: _____ Today I feel _____

A smell I noticed today.

Pudding, orange peel, soap, pine, the sea, toast, spices, rain.

Which December smell would you keep in a little bottle?

A tiny kindness

Thank someone for a meal, a drink, or something they made ready.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 3 *Lights I noticed*

The date, if you like: _____ Today I feel _____

Draw or write the lights you noticed today. They might be in a window, on a boat, in a street, on a tree, or the little ones already in your home. One light is enough. If you saw none, you can draw a light you would like to see — a candle, a star, a fairy light, a lighthouse, or the sun.

Which light felt the friendliest?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.

Day 3 — How I did it

A tiny kindness

Sit for a moment with someone in a pool of light — a lamp, a window, a hatch, or the last of the day.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.

Day 4

The date, if you like: _____ Today I feel _____

Someone who made me smile today.

A person, a pet, or even a favourite toy doing something funny.

Who helps ordinary days feel brighter?

A tiny kindness

Tell them (or a grown-up, to pass on) one thing you like about them.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 5

The date, if you like: _____ Today I feel _____

A sound of today.

Music, waves, laughter, a kettle, rain on the roof, a radio, footsteps.

What sound would you put in a Christmas music box?

A tiny kindness

Hum or sing a little something for someone, or share a sound.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 6 *A recipe for Christmas spirit*

The date, if you like: _____ Today I feel _____

Invent a recipe for Christmas spirit. It is not for eating, unless you want it to be. Choose a few "ingredients" — things like a giggle, a warm drink, a kind word, a favourite blanket, a walk, a starry sky, a paper star, a game, or a quiet five minutes. How many spoonfuls of each? What do you mix them in? Who would you share a cup with?

Which ingredient would you add a little extra of?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.



Day 6 — How I did it

A tiny kindness

Give someone a real or imaginary cup of your recipe.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 7

The date, if you like: _____ Today I feel _____

Something small and lovely I spotted.

A mug, a button, a shell, a leaf, a sock, a smooth stone — tiny things count.

What little thing makes a place feel like your place?

A tiny kindness

Leave one small, pretty thing where someone will notice it.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 8

The date, if you like: _____ Today I feel _____

A warm drink, a snack, or a meal we enjoyed.

Fancy or very plain. Toast counts. Fruit counts. A shared biscuit counts.

Who would you share a treat with — someone near, or far away?

A tiny kindness

Offer to help with a drink or a snack, or set a place for someone.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 9 *Something tasty we made or shared*

The date, if you like: _____ Today I feel _____

Draw or write about something tasty you made, helped to make, or shared. Biscuits, a sandwich, fruit, hot chocolate, a packet of something special, a recipe from home, or a simple thing from a small galley — all welcome. If you have a recipe, jot a few steps. If not, a picture of the tasty thing is perfect. If you did not make anything, you can draw a treat you would like to make one day, just for fun.

What was the best bit — the making, the sharing, or the first bite?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.

Day 9 — How I did it

A tiny kindness

Offer the last piece to someone, or save a little drawing of the treat for them, if you would like to.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 10

The date, if you like: _____ Today I feel _____

A game, a story, or a film we enjoyed.

A book, a made-up story, a card game, a film — at home or on a bunk.

What story do you love to hear at this time of year?

A tiny kindness

Let someone else choose the next story, game or film.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 11

The date, if you like: _____ Today I feel _____

The cosiest spot today.

A bed, a bunk, a sofa, a beanbag, a heap of cushions, a seat by a window.

What makes a spot feel safe and snug?

A tiny kindness

Make a cosy nest for someone — a cushion, a blanket, a saved seat.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 12 *Thank you*

The date, if you like: _____ Today I feel _____

Who or what would you like to thank? People, pets, and even places or everyday things are welcome — a grandparent, a friend, a crew-mate, a teacher, a neighbour, a pet, the person who cooked, the sea, a warm coat, a favourite mug. Write or draw up to five. One is enough. This is not a list of presents you were given. It is a list of thanks, in any size.

1. _____
2. _____
3. _____
4. _____
5. _____

Which thank you felt the biggest, even if it was for something small?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.



Day 12 — How I did it

A tiny kindness

Say one of these thank-yous out loud, or put it in a little note.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.

Day 13

The date, if you like: _____ Today I feel _____

The sky today.

Starry, rainy, sunny, grey, or just a square of sky in a window.

If you could send a kind thought on the wind, who would get it?

A tiny kindness

Look at the sky with someone for half a minute and say what you see.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.

Day 14

The date, if you like: _____ Today I feel _____

Something I made, or helped to make.

A card, a paper chain, a tidy space, a meal, a drawing, a den.

How does it feel to make something, for you or someone else?

A tiny kindness

Make one tiny thing for someone — a paper star, a joke, a drink.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 15 *Something I gave, or did*

The date, if you like: _____ Today I feel _____

Draw or write about something you gave, or something kind you did. It does not need to be a bought present. A hug, a drawing, a handmade thing, a song, a helping hand, a joke, a quiet bit of company — all of these are gifts. If you are still thinking of something you would like to give or do, you can draw that instead.

How did it feel — or how do you think it might feel?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.

Day 15 — How I did it

A tiny kindness

If you would like to, do one tiny version of it today.

You can try this one, or any other tiny kindness, or none. A smile is enough.

This can be the same kindness you drew on the page before, or a new tiny one. Or not this time — that's fine.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.

Day 16

The date, if you like: _____ Today I feel _____

A colour I kept noticing.

A jumper, a berry, a ribbon, the sea, a door, the blue of the evening.

If today were a colour, which would it be, and why?

A tiny kindness

Notice someone's favourite colour kindly — or lend a crayon.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 17

The date, if you like: _____ Today I feel _____

Time outdoors, or time at a window.

A walk, a deck, a harbour, or just looking out. Rainy windows count.

What did the world look like from where you stood or sat?

A tiny kindness

Hold a door or hatch for someone, or wave, with a grown-up nearby.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 18

The date, if you like: _____ Today I feel _____

A moment of quiet.

A nap, a read, the rain, a pause in a busy room, or early morning.

What does a peaceful Christmas moment look like for you?

A tiny kindness

Keep someone company quietly — sit beside them, no need to talk.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 19 *A little Christmas story*

The date, if you like: _____ Today I feel _____

Pick a beginning, or invent your own, and draw or write what happens next. A few sentences, or a comic of three pictures, is plenty. You do not have to finish it. You can leave it in the middle, like a sweet you are still eating.

Once, on a snowy night...
Once, at a Christmas by the sea, or in the sunshine...
Once, in a little home full of paper stars...
Or: Once, _____

Who would you like to tell this story to?

A tiny kindness for this day is on the next page, if you would like it. Skip, leave blank, or come back later — all fine.

Day 19 — How I did it

A tiny kindness

Share your story, or ask someone for theirs.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like. These little kindnesses are worth remembering.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.

Day 20

The date, if you like: _____ Today I feel _____

A laugh we had.

A joke, a wobbly moment, a funny face, a game that went silly.

Who makes you laugh? A giggle, a snort, a surprised hoot?

A tiny kindness

Tell someone a joke, or make a funny drawing just for them.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 21

The date, if you like: _____ Today I feel _____

Something festive I liked looking at.

A window, a boat light, a paper chain, a sprig — or something imagined.

If you could hang one homemade decoration, what would it be?

A tiny kindness

Make a tiny decoration and offer it, or hang it somewhere kind.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 22

The date, if you like: _____ Today I feel _____

Someone I was glad to be with.

Family, a friend, a pet, a favourite toy, or someone far away on a screen.

What is one kind thing this person (or pet) does?

A tiny kindness

Do a small kind thing back, or draw them a picture.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Day 23

The date, if you like: _____ Today I feel _____

A “nearly Christmas” moment.

Hanging a sock, folding paper, stirring, choosing pyjamas, or just the quiet.

What are you looking forward to, even if it is tiny?

A tiny kindness

Help with one small bit of getting ready, or keep someone company.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that’s fine. Skip, leave blank, or come back later.

Day 24

The date, if you like: _____ Today I feel _____

The feeling of the night before Christmas.

A dark window, a light still on, a bunk, a star, a boat at rest.

A wish that isn't a thing, sent out into the night. What is it?

A tiny kindness

Say a very warm goodnight, or leave a kind note for the morning.

You can try this one, or any other tiny kindness, or none. A smile is enough.

How I did it

Draw or write, or both, if you like.

You might say who it was for, how it felt, what happened — or none.

Not this time, that's fine. Skip, leave blank, or come back later.



Christmas Day

Fill this in today, or later. Whenever you open it is the right time.



My favourite moment today.

It might be a joke, a meal, a walk, a nap, a phone call, a present, a song, being together, a quiet bit, or something very small that you do not want to forget.

One thing I want to remember: _____

Today I feel: _____

Skip, leave blank, or come back later — all fine.



Kindness I spread this December

Every kindness you have already done counts — the ones from the menu, the ones from the day pages, and any others, however small. Write or draw them here, in any order.

Fill two spaces, or many. Empty ones can just be pretty. You do not need to fill the page.

A smile is enough. This is a collection, not a score.

Memories I want to keep

Pick up to five. One is enough. They can be tiny.

1. _____
2. _____
3. _____
4. _____
5. _____

A drawing, or a photo if you have one to stick in

If you have no photo, the drawing is perfect.



Next Christmas I'd love to...

These are wishes, not plans you have to keep. They can change. They can be very small.

I would love _____

I would love _____

I would love _____

I would love _____

I would love _____

Or draw it

A few ideas, if you want them

To see someone. To try a new tradition, or keep an old one. To be here, or somewhere new. To make something. To spend a day in pyjamas. To hear a certain song. To have a quiet morning. To go to the window, the deck, or the park. To feel peaceful, or giggly, or brave.



Christmas me, looking back

If you like, turn back to your Christmas me page at the front. What is the same? What is a little different? There is no right change. Growing, or staying just as you are, are both fine. If you would rather not compare, just fill this page on its own.

I am still _____

(or: I have just noticed this about me)

A treat I love now: _____

Someone I was glad to be with: _____

One thing I want to remember about me, this December:

Draw yourself again, at the end of December

Thank you for spreading Christmas spirit

You made December brighter, in your own way.

Whether this book is full, or quiet, or happily unfinished, it is yours to keep. You can open it again next year, and the year after that, and remember how this Christmas felt.

Thank you for the memories, the doodles, the wishes, and every small kindness — and for the way you did them, however small.

With warmth.

Pip Pagewood

My Journal Adventures



I finished this page on _____

My name, if I would like to write it again: _____

If a memory or a kindness still needs more room, you can print a day page again, or use the back of a page if you printed single-sided.

One last doodle: