

KIRE.KIDS

A FREE CONVERSATION GUIDE

Who Am I This Year?

The four questions underneath growing up

Between 9 and 15, a young person quietly rebuilds their whole sense of self — usually without saying a word about it. This guide is four doors into that work, for the grown-ups raising, teaching, and talking with them.

NOTICE · GROW · BELONG · BECOME

FROM THE KIREKIDS IMPRINT

Books, journals & tools for young people learning who they are

How to use this guide

This is not a quiz. There are no right answers and no scores — just four questions every young person is already carrying, and a few good ways to talk about them.

A shrug is a fine answer. So is “I don’t know.” Your job is not to assess a child or fix anything — it is to open a door and let them walk through it at their own pace. Use a question, a story, or a saying your own family used — whatever opens the door that day.

Notice

YOUR DAYS

Grow

WHAT'S HARD

Belong

WHERE YOU FIT

Become

WHO YOU'RE TURNING
INTO

1

Ask — don’t diagnose.

You are opening a conversation, not running an assessment. Curiosity, not concern, is the tone that gets answers.

2

Let the silence sit.

The pause after a real question is where the thinking happens. Resist filling it. Count to ten if you have to.

3

You don’t need a conclusion.

A question planted today might get answered next month, in the car, out of nowhere. That delay is the guide working.

The four sections do not need to be used in order. Pick the one that fits the year the young person is having. These four questions are also the spine of the Every Crumb Journals — this guide is a way to start the conversations the journals go deeper on.

SECTION ONE

Notice.

COMPANION JOURNAL · NOTICE

“What do I actually notice — about my days, my feelings, the people around me?”



FOR YOU

Most young people can describe a show, a game, or a friend’s drama in fine detail — and go blank on their own inner weather. Noticing yourself is a skill, not a mood; it is the foundation everything else in this guide stands on. A kid who can name what they feel has a head start on every hard thing coming.

QUESTIONS TO TRY

- ◆ What was the best ten minutes of your week? What made it good?
- ◆ When you felt off this week, where did you feel it — and what was going on around then?
- ◆ What is something small you notice that you don’t think other people do?

TRY THIS

For one day, ask them to catch three “small good things” — nothing big, just noticed. Compare lists at dinner.

DON'T BE SURPRISED IF...

“Nothing” is the first answer. Noticing gets easier the second and third time you ask. You are building a muscle, not collecting a report.

SECTION TWO

Grow.

COMPANION JOURNAL · GROW

“What is hard for me right now — and what would it take to get a little better at it?”

FOR YOU

Growth at this age is rarely dramatic. It looks like raising a hand while unsure, trying again after failing, sitting somewhere new at lunch. This is also where courage lives — not big brave moments, but small ones nobody claps for. The goal is not to push; it is to help a kid see effort and difficulty as ordinary, not as evidence that something is wrong with them.

QUESTIONS TO TRY

- ◆ What is something hard for you now that used to be even harder?
- ◆ What is a small brave thing you did recently — even if no one noticed?
- ◆ If you could get a little better at one thing this year, what would you pick, and why that one?

A SAYING, IF IT HELPS

“One-one coco full basket.”

A Jamaican proverb — the basket fills one piece at a time, not in a single armful. One of many doors into this question; use it only if it fits your family.

DON'T BE SURPRISED IF...

they pick something surprising, or nothing at all. The point is simply that struggle gets to be ordinary, and said out loud.

2

SECTION THREE

Belong.

COMPANION JOURNAL · BELONG

“Where do I fit — and who am I when I am there?”

FOR YOU

A young person moves between worlds every day — home, school, the group chat, the team — and often acts a little differently in each. That is not dishonesty; it is normal. But a real question runs underneath it: which version is the real me, and is there anywhere I don't have to choose? Belonging is the question most kids feel hardest and admit least.

QUESTIONS TO TRY

- ◆ Where do you feel most like yourself? Where do you feel least?
- ◆ Do you act differently with different people? Is that tiring, or just fine?
- ◆ Who is someone who makes it easy to be yourself — and what do they do?

TRY THIS

Ask them to tell you one thing about a friend you have never met. How a kid talks about their people tells you where they feel safe.

DON'T BE SURPRISED IF...

this one gets the quietest answers. Belonging is tender. A short answer is still a real answer — don't mistake brevity for nothing.

SECTION FOUR

Become.

COMPANION JOURNAL · BECOME

“Who am I turning into — and how much of that is up to me?”

FOR YOU

Between 9 and 15, a kid begins to sense that they are a work in progress — that who they are is not fixed. That can feel exciting or unsteady, sometimes both in one afternoon. These questions are not about grades or careers. They are about helping a young person feel like an author of who they are becoming, not just a passenger.

QUESTIONS TO TRY

- ◆ What is something you have changed your mind about this year?
- ◆ What is something you hope is still true about you in five years?
- ◆ If someone described you to a stranger, what would you want them to get right?

TRY THIS

Tell them one specific way they have changed this year that you admire — not “you’ve grown up,” something exact. Kids rarely get to hear what they are becoming.

DON'T BE SURPRISED IF...

the future feels abstract to them. Keep it small and near. “This year” is a big enough horizon.

Keep the conversation going

You don't need a book to use this guide — print it, photocopy it for a classroom, share it with another parent. It is yours. But if these four questions resonated, there is a whole imprint built around them.

ABOUT THE IMPRINT

KireKids

KireKids publishes middle-grade fiction and reflection journals about the one job of being 9 to 15: figuring out who you are. No lectures. No tidy lessons. Just honest books that keep a young person company while they work it out.

THE EVERY CRUMB FAMILY

- *Every Crumb* — the flagship novel: one family, one ordinary year, and a kid learning to notice the small moments that add up to a person.
- *The Every Crumb Journals* — Notice, Grow, Belong, Become — the four-part reflection series these four questions come from. Built like a menu, not a syllabus.
- *When Fear Wore Earrings* — also on the way: a story about courage, self-expression, and the day fear shows up looking like it belongs.

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