



Frida Kahlo



Born in Mexico in 1907, Kahlo is known for her self-portraits inspired by Mexican nature, artefacts and popular culture. Exploring themes of identity, Kahlo's work is often seen as a powerful depiction of the female experience and form.

For this activity you will need:

Plain paper, pencil, water colour paints and a pot of water. *Outline on Page 3 if needed*

①

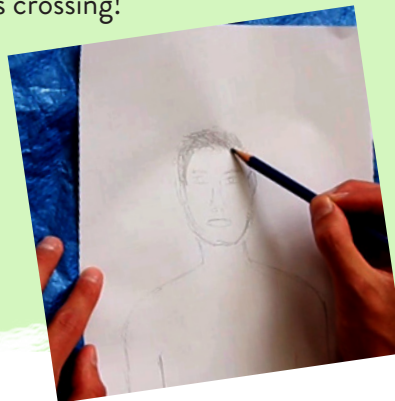
Like Kahlo's self portrait, we're going to begin by drawing ourselves!

To help, use a mirror or take picture, and look carefully at yourself...

→ Starting at the top and working your way down. Sketch the outline of your head, neck, shoulders and finally your arms crossing!

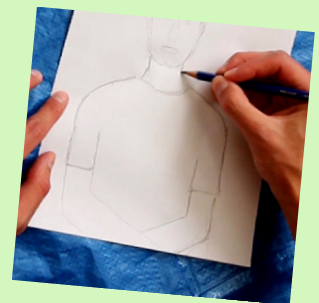


→ Now draw your facial features; Eyebrows, eyes, nose and lips. *Don't forget to draw any hair you have!*



→ Last of all, draw what clothes you are wearing...

Remember to leave space for your birds.



②

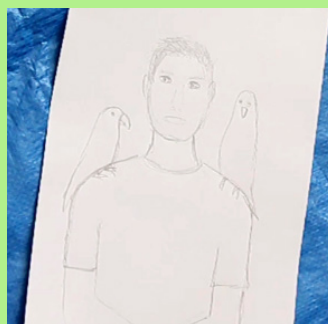
What birds have you seen lately?

Feel free to stick with parrots if you like...

→ Start drawing your birds as Kahlo has, on your shoulders and in your arms.

→ *Remember to think about what direction they're facing!*

→ Finally add any extra features like eyes, beaks and feet!



③

Last of all, get out those paints!
Remember to mix lots of water with your paints and clean your brush when changing colour...



→ Begin by painting yourself including your skin, hair and clothes.
To make your skin tone, use the paint tray to mix colours together.



→ Now for your birds!
What colours are they?



→ Last of all, paint a nice calm background!
Then leave it to dry...



Final Outcome:



Using the same techniques, here's what else you could make:



If you like Frida Kahlo, you might also like:



Diego Rivera



Mary Cassatt



We have loved seeing all the amazing art you have been making, so keep sharing!

Send us a picture of what you make to:
creative.charlesdickens@gmail.com

Keep up the great work!

