

## Paint yourself – portraiture in the style of Frida Kahlo

### Who is Frida Kahlo?

Frida Kahlo was a Mexican artist who painted pictures that told stories about her life. She often painted **self-portraits** (pictures of herself) and filled them with **animals**, **flowers**, and **symbols** that showed how she was feeling inside.

Frida said,

*"I paint myself because I am so often alone and because I am the subject I know best."*

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### What Will You Make?

In this tutorial, you'll paint a **self-portrait** in the style of Frida Kahlo — with **bright colours**, a **serious face**, and **meaningful things around you**, like animals, plants, or objects you love.

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### You Will Need:

- A sheet of white paper or canvas
  - Pencil and eraser
  - Paints or coloured pencils/crayons
  - A mirror (or a photo of yourself)
  - A black pen for outlining (optional)
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### Step 1: Draw Your Face

1. Use a mirror or photo to look at your face.
2. Lightly sketch an **oval shape** in the middle of your paper.
3. Add **two eyes**, a **nose**, and a **mouth** – try to keep a calm or serious expression, just like Frida.
4. Add your **hair** – Frida often wore hers in **braids or buns** with **flowers**.

## Step 2: Add a Background of Symbols

Frida filled her art with **meaningful things**.

1. Around your face, draw **symbols that show who you are** – animals you love (like cats, monkeys, or birds), flowers, hearts, stars, or anything that matters to you.
2. Think about your favourite colours or places. Add a background that tells a story — like a jungle, a garden, or a patterned wall.
3. Frida also painted emotions – if you feel happy, sad, brave, or silly, try showing that with colours or shapes!

## Step 3: Time to Paint!

Use **bright and bold colours** like Frida did.

1. Start with your **skin** – mix colours if you like to make it warm and natural.
2. Paint your **eyes and hair** – take your time, and make them expressive.
3. Colour in your **symbols and background** – use **vibrant reds, greens, blues, and yellows** to make your picture come to life.

## Step 4: Add the Details

1. Outline with black pen to make your shapes stand out.
2. Add **flowers** in your hair or on your clothes.
3. You can even write a **little message** or **title** at the top or bottom of your painting — something about how you feel or what your painting means.

### **Top Tips:**

- Frida's portraits were not about looking "perfect" — they were about being **real**.
- Show your feelings with your **eyes, background, and colours**.
- Be **bold** and **honest** — this is your story!

## More fun ideas

- Take a virtual tour around Kahlo's home:  
<https://www.museofridakahlo.org.mx/virtual/?lang=en>
- Make a mini version of La Casa Azul with a shoebox and colourful paints.
- Design your own flower crown, like the ones Frida often wore.
- Try to draw a sugar skull mask inspired by Frida's *Girl with Death Mask*.