

ART · GRADES 3–5

Frida-Style Self Portrait

Tell your story through symbols

About Frida Kahlo (1907–1954)

From	Mexico
Famous for	Self-portraits — over 55 of them
Style	Bold colors, intricate detail, surreal symbolism
Trademark	Strong unibrow (she didn't try to hide it), traditional Mexican dresses, flowers in hair
Why she's important	Painted truth — pain, identity, love, illness — at a time when most women painted polite landscapes
Quote	'I paint myself because I am so often alone, and because I am the subject I know best.'

How Frida used symbols

Around her face she'd paint things that meant something to her — animals (monkeys, deer, birds), plants from Mexico, jewelry, traditional clothing. Each symbol told a piece of her story. We're going to do the same.

Six steps

1. Sketch your face in the center of the page. Don't worry about being perfectly realistic.
2. Brainstorm 5 things that mean something to you — a pet, a place, a food, a hobby, a family symbol.



3. Plan where each will go around your face — hair, shoulders, background.
4. Outline everything in pencil first. Make sure it fills the page.
5. Color **BOLDLY**. Use the brightest colors you can. No white space.
6. Add a frame around the edge — Frida often did. Decorate with flowers or patterns.

