



MASTERS IN THE MAKING • WORKSHOP TWO

My Frida Workbook

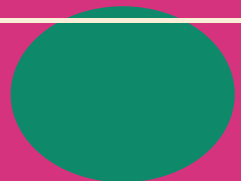
Bold Self-portraits



This workbook belongs to:



Today I'm a portrait artist, just like Frida.



Meet Frida Kahlo

Frida Kahlo was a famous artist from Mexico who loved bright colour, flowers and painting herself. Here are four things to know about her:

1

Frida was born in **Mexico** in **1907**.
Her favourite thing to paint was **herself**.

2

She lived in a bright blue home called **Casa Azul** – the “Blue House”.

3

She kept lots of pets, including **monkeys, parrots, dogs** and a little deer.

4

She wore **real flowers** in her hair, arranged like a crown.

 **Your turn: if you had Frida's garden, which animal would be YOUR pet? Draw it and name it.**

The secrets of a bold self-portrait

A self-portrait is a picture of yourself. Here's how to make yours as bold and brave as Frida's:

1. Go BIG – fill the whole page with your face.

2. Be bold – strong eyebrows, clear eyes, a real expression.

3. Use bright Frida colours – hot pink, sunny yellow, leafy green, sky blue.

4. Add YOU – the things you love, like flowers, patterns or animals.

I'll remember to... ☐ go big ☐ be bold ☐ use bright colours ☐ add me

Artist words to know

Draw a line from each word to what it means.

Self-portrait

The feeling on a face.

Symbol

A picture of yourself.

Folk art

Something that stands for an idea (a flower can mean joy).

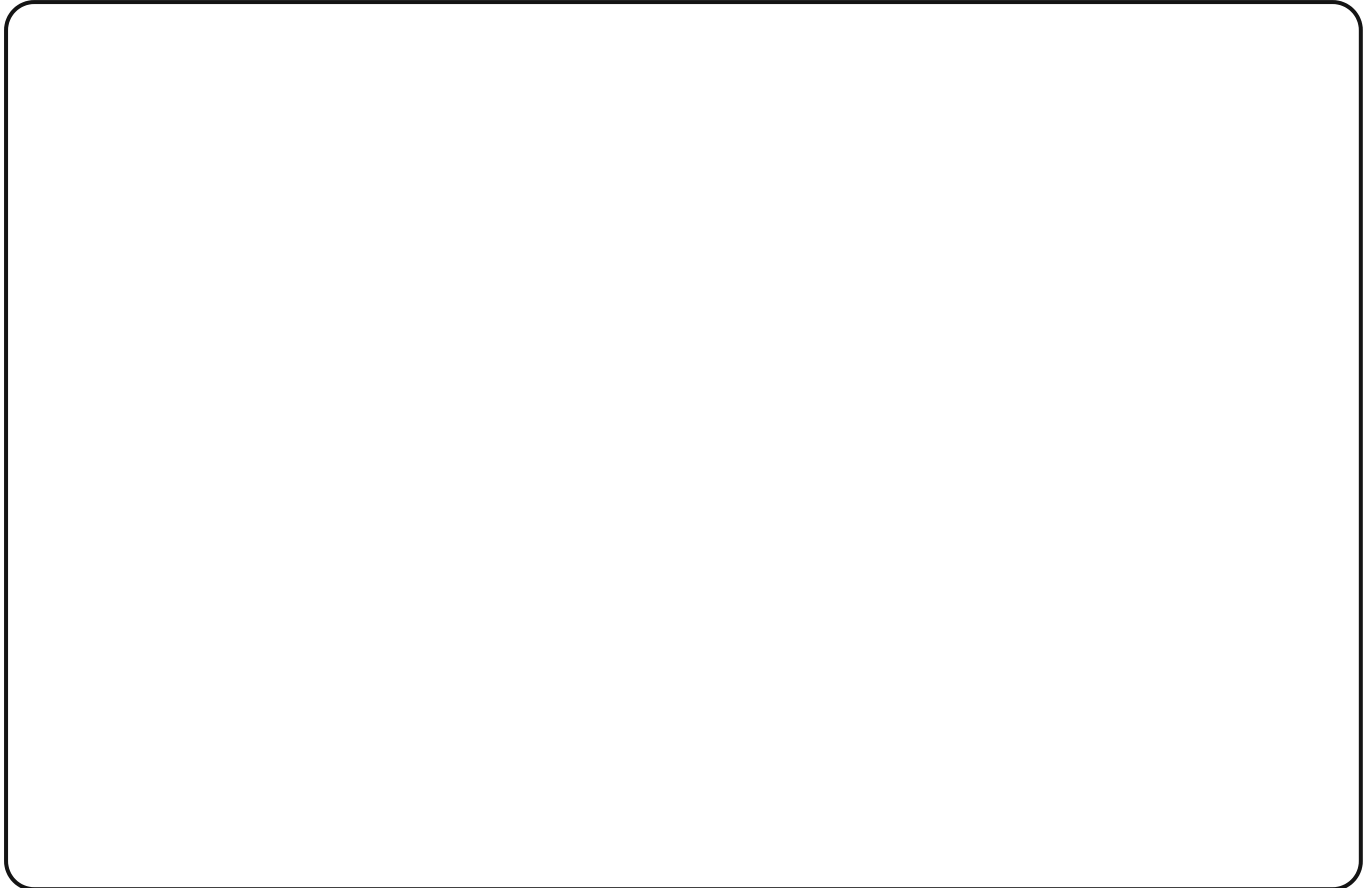
Expression

Colourful, handmade art full of pattern.

Plan your self-portrait

Look at yourself like Frida did in her mirror. Sketch your face here, then plan your flower crown.

My “mirror” — sketch your face:



My crown flowers will be (colour the circles):



My face will show this feeling:



My masterpiece



My favourite part of today was...

One word for my picture:

What my picture says about me:

★ I'm a Master in the Making because...
