

MAKE A SELF PORTRAIT

Knowing yourself and your strengths and values can help you understand and have empathy for others and be a better friend.

Use supplies in your kit and make a self portrait to help you reflect on who you are and what you represent.

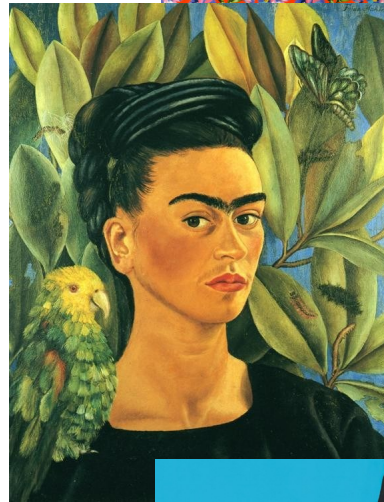
First, look at the portraits to the right by famous artists. Notice the details in the clothes, the backgrounds, and props they are holding that help tell us more about the person in the picture.

If you want to make a realistic portrait, you can start with an oval, then use the guide below that shows where to place your features in the oval. You can also use a mirror or photo to help.

Think about the colors you want to use to create feeling. How can you use the background or your clothes to help others know who you are? Do you play a sport, instrument, or make art and want to include equipment? Make it your own!



Anthony of Padua by Kehinde Wiley



Self-Portrait with Bonito by Frida Kahlo



Innocent You, Innocent Me by Amy Sberald



Dora Maar au chat (with cat) by Pablo Picasso

Proportions of the Face

