

Frida Kahlo Inspired Self-Portrait Activity

Frida Kahlo is considered to be one of the most important artists of modern times. She was famous for painting self-portraits (pictures of herself) but she was also famous for painting women as strong people.

Frida used lots of bright colours in her self-portraits which reminded her of the vibrant colours of the hot country where she lived. She was very proud of her Mexican heritage.



She was also well-known for wearing bright colours, jewellery and flowers in her hair.

When recovering from polio as a child, and following a traffic accident ten years later, Frida would draw to pass the time.

“I paint myself because I am so often alone, because I am the subject I know best.”

Art Activity

Draw a self-portrait. Surround your drawing with items, colours and places which reflect you and your life.