

Dear artist,

Welcome to week 1 of Shallal Studios' new project Picture Post.

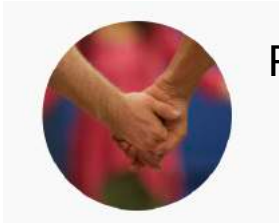
For this week's activity we will be making a self-portrait.

Download the page of coloured pictures to see images of artists that have used self-portrait in their artwork.



Video

There is a video to accompany the activities:



Please go to: <https://www.youtube.com/watch?v=CBjGF7CGqJA>

Share your work with us



Once you have finished your work, please send us what you have made to: shallalstudios@gmail.com

or upload to the Shallal Connect & Create page: <https://www.facebook.com/shallalconnectcreate>

We really look forward to seeing the beautiful work you make.

Best wishes,

Phoebe and Lou

Week 1 Activity - inspired by Frida Khalo

Materials:

- Paper
- Pencil (black or coloured) / Charcoal / pen
- Mirror



- Choose 3 objects from your bedroom or kitchen and bring them to where you are working. (e.g a cup, hairbrush, plant, glasses...)

- Set up the objects and a mirror on the table in front of you.

- Make sure you can see yourself in the mirror from where you are drawing.

- Take a moment to look at yourself in the mirror. What are you wearing? Is your hair up or down? What colour are your eyes..

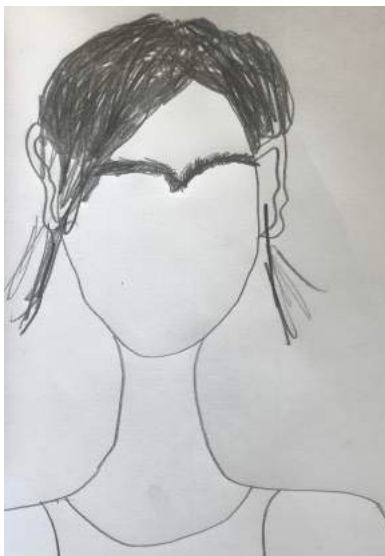
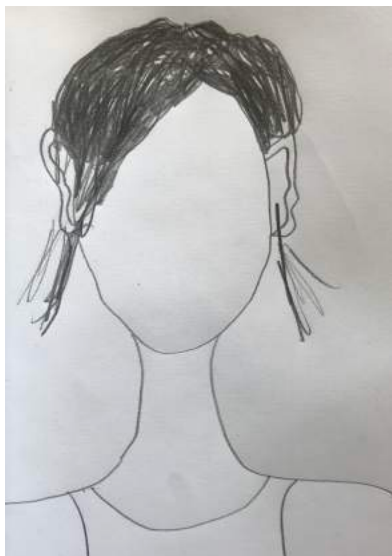
- Start by drawing the shape of your face.

- Add your neck and your shoulders.

- Now draw your ears.

- Add your hair. Think about the texture and colour.

- Add your eyebrows. Where do they sit on your face?





- Draw your nose.
- Where it is darker, press harder with your pencil to create shadows.
- Draw your mouth.
- Study your eyes. First draw the shape.



- Then add shadows around your eyes.
- Add shadows to your neck and face.
- Try squinting your eyes to help you see the darker and lighter areas.
- Now add in detail on your clothes.



- Finally, study the 3 objects you chose at the start of the activity.
- Draw the objects around your portrait.

Try repeating this activity with different objects or wearing different clothes or hats.