



Healing Through The Arts®

Where those who are healing find strength,
hope and inspiration through the arts.

Art, Lesson 2 – Healing Self-Portrait

Lesson goal – To develop imaginative and creative painting skills, and create new perspectives of hope

Target students – All levels

Learning Objective – Students will identify Frida Kahlo through web inquiries or books from their public libraries

Outcome – Students will illustrate a portrait that depicts them in the future when they have overcome their struggle with good health

Standards – The following educational standards are addressed in this lesson:

- Understanding and applying media, techniques, and processes
- Using knowledge of structures and functions
- Choosing and evaluating a range of subject matter, symbols, and ideas
- Understanding the visual arts in relation to history and cultures
- Reflecting upon and assessing the characteristics and merits of their work and the work of others
- Making connections between visual arts and other disciplines

Materials / Resources – The following resources will be required for this lesson:

- Appropriate drawing materials
- Paper
- Internet
- Books focusing on Frida Kahlo

Description of Lesson (recommended duration: determined by level and intensity of program)

1. Students will begin lessons with the artwork of Frida Kahlo presented digitally or printed depending on the means of the department.

2. Students will conduct web searches when possible to further explore the artist's catalog for context.
3. Students should discuss and reflect on health issues that may be addressed in a portrait that suggests healing.
4. Students should complete a self-portrait of the healthiest way they could perceive themselves.
5. If a student isn't comfortable dealing with their health issues in an open forum, they could substitute a family member or peer that could use the positive artistic effort.

Reference:

- The Dream (The Bed). 1940. Collection of Selma and Nesuhi Ertegun New York, New York, U.S.A. <http://www.wikipaintings.org/en/frida-kahlo/the-dream-the-bed-1940>
- The Broken Column. 1944. Collection of Dolores Olmedo Mexico City, Mexico. <http://www.wikipaintings.org/en/frida-kahlo/the-broken-column-1944>
- Selected Clips from the film "Frida" 2002 Miramax/Ventanarosa biographical film.