

Path 01 – Explore an Artist

Activity Information

- ☐ Time: 10–20 minutes
- ☐ Materials: Activity sheet, colored pencils/markers (optional)
- ☐ Best for: Individual or together

TODAY'S GOAL & THEME

Theme: Identity & Symbolism

Explore how Frida Kahlo used symbols and self-portraits to express her identity and create artwork that tells your own story.

MEET TODAY'S ARTIST: FRIDA KAHLO



TITLE

Self-Portrait(1940)

YEARS

— 1907–1954 —

THEIR STORY

Frida Kahlo was a Mexican painter who used self-portraits to express her life, identity, and emotions. She transformed personal experiences into powerful works of art.

LOOK TOGETHER

Spend a minute quietly observing both artworks before reading anything else.



The Two Fridas (1939)– Oil on Canvas

Explores identity, emotion, and the many sides of ourselves. The two figures represent different parts of Kahlo's life, connected by a shared heart.



The Wounded Deer (1946)– Oil on Canvas

Uses symbolism to express resilience, pain, and perseverance. Despite hardship, the painting reflects courage and the determination to keep moving forward.

Path 01 - Explore an Artist

connect & create - Frida Kahlo

STEP 1 - OBSERVE

Take a moment to look before reading or talking.

- **How does the light change each scene?**
- **Which colors work together?**
- **Where do you see movement?**
- **Which painting feels calmer? Why?**
- **What would this scene feel like if you were standing there?**

STEP 2 - CONNECT

Frida Kahlo filled her paintings with meaningful symbols that told the story of her life. As you look at these artworks, think about the people, places, objects, or experiences that have shaped who you are.

-
- Which symbol stands out to you the most?
 - What do you think it represents?
 - If you added one symbol to tell your story, what would it be?
 - What colors or objects catch your attention?
 - What message do you think Frida Kahlo wanted to share?

Path 01 - Explore an Artist

connect & create - Frida Kahlo

STEP 3 - CREATE

Your turn -

Today's Prompt: "Create a drawing that uses symbols to tell a story about you. Include objects, plants, animals, colors, or places that represent your personality, values, or experiences. There is no right or wrong way to tell your story."

STEP 4 - REFLECT

- One thing I noticed...
- One feeling this artwork inspired...
- One thing I discovered about myself...