



## WORKSHEET

# EXPRESSIVE Self-Portrait

Colour can be a useful tool for expression, and for understanding one's own thoughts and feelings. In this activity, you will use colour to express your emotions by drawing your own self-portrait.

## STEPS

### Step 1

Research some self-portraits and identify the feelings that these convey and the colours that the artists have used.

### Step 2

Think about the feelings you'd like to express in your self-portrait. Make a list and think of colours that match these emotions to use in your drawing.

### Step 3

Lightly sketch out your self-portrait on your paper, or in the space provided. Use the picture of yourself as a reference.

### Step 4

Once you've finished your light sketch, use the colours you've chosen to fill in your picture.

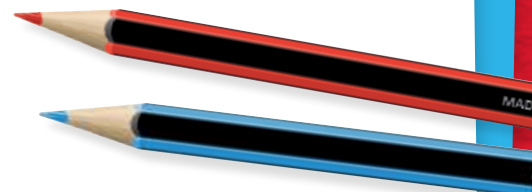
### Step 5

As a class, challenge each other to guess the emotions you chose to express in your self-portrait.

## What you'll need

- ✓ Plain sheet of white paper (or use the space provided below)
- ✓ Picture of yourself
- ✓ Coloured pens or pencils

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Noris Colour® or Maxi Learner®  
coloured pencils.



## My Expressive Self-Portrait

