



EXPRESSIVE Self-Portrait

WORKSHEET



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.

WHAT YOU'LL NEED

✓ Plain sheet of white paper
(or use the space provided below)

✓ Picture of yourself

✓ Coloured pens or pencils

Try STAEDTLER's
Noris maxi learner
coloured pencils.

STEPS

Step 1

Conduct research to help understand and identify ways to convey feelings and emotions within your self portrait.
Hint: colours and textures are a great tool to create expressive qualities.

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

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

Step 4

Once you've finished your light sketch, it is time to explore emotions. Colour in your light sketch, using the colours chosen to represent your feelings.

Step 5

Bonus: As a class, challenge each other to guess the emotions and expressions chosen within each self-portrait.

My Expressive Self-Portrait