



# Frida Kahlo

the artist who wanted to show  
reality through creative arts

TODAY I AM... someone who wants to show my own reality through creativity and art.  
Inspired by the brilliant artist, **Frida Kahlo**, your self-awareness challenge is to:

- \* create a selfie style image that captures both your inner and outer life; what makes you, you?
- \* decide on what things you would represent from your life and how you would want to represent them
- \* decide on your medium – photography, painting, collage
- \* be creative and show the world who you are!

## Notes

