

Self-Portrait class

Hi there, this is Odette :) Now it is my turn again to give the class after Ben's challenging exercises last week. I only hope too, that my last video regarding self-portrait didn't shock you too much ;)

Hope you are well and using your time for making art ☺

I will continue then with the self-portrait class.

You will need:

- **Something to draw or paint with:** Graphite, charcoal, pastels or paints.
- **Something to draw or paint on:** Any paper will do :-)
- **Pictures of yourself:** We will need three photos of you. A normal picture, then the picture of yourself you love the most, there are always pictures where we are really photogenic ☺ and the last one will be a picture where you appear really bad ☹. We all have experimented those pics as well, when the light, the perspective... well everything was against us. LOL

Lets get started!

Warm ups:

Here we will use graphite or charcoal only and if you want to, some pastels for highlights in the last 2 exercises.

You have **10 minutes** for each exercise and we will use graphite for all the warm-up exercises.

- **'Wrong Hand' warm up:** Select the normal picture of yourself and make a drawing with the hand you don't normally draw with. This exercise helps you to connect with the right part of your brain. The creativity part.
Remember this is just a warm-up exercise, so the outcome is not important. What it is important is the process and that you enjoy what you are doing.
- **Do a detailed drawing:** look at the picture you don't like of yourself and try to depict it as accurate as possible, if you need more than 10 minutes take 15 or 20 minutes but try to accomplish a good drawing of that ugly you.
- **Do another detailed drawing:** now, look at the picture you love of yourself and try to depict it as accurate as possible, also if you need more than 10 minutes take 15 or 20 minutes too, but try to accomplish a good drawing of that beautiful you.

Now is time to have a break and maybe have a nice cup of tea to reward yourself before....

The long pose:

- **Look carefully at both drawings of yourself.** You are going to make a painting of yourself based on the last drawings you made and using your imagination as well. Don't use a mirror. Just look at the images you have in front of you and if they are not enough, I insist, use your mind's eye.

- **Have fun and experiment!** I look forward to seeing what you create :-)

See you soon! Take care. Ben will be with you next time 😊

Odette