

Self-Portrait class

Hi there, this is Odette again :) Hope you enjoyed last session with Ben!
We will continue looking at ourselves through self-portrait ☺

You will need:

- **Something to draw or paint with:** Graphite, charcoal, biro, pastels for dry painting and paints, watercolours or inks for wet painting.
- **Something to draw or paint on:** Any paper will do :-)
- **A mirror:** To see your own reflection

Lets get started!

Find a space, where you can look comfortable in the mirror as you start drawing yourself.

Warm ups:

- **‘Wrong Hand’ warm up:** Look at your reflection 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. You have 5 minutes for this exercise.
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.
- **Cartoon:** Look carefully at your reflection and notice which features make your face distinguish from all others. Do you have a long nose? Then exaggerate it! Make it even longer ☺ Or maybe you have a very particular hair cut that could be emphasize? Or particular big eyes? Then make them bigger as these are your very unique features. Start drawing yourself with your favourite dry drawing tool. Have fun and make a cartoon of yourself, then add any wet painting you like that denotes your personality. You have 15 minutes for this exercise.
- **Left hand cartoon:** now I want you to copy the cartoon you have just made but using your creative hand, the non dominant one, to make the cartoon look more arty. You can use different mediums like watercolours and inks. The only condition is to use your wrong hand. You have another 15 minutes for this exercise.

Now you can have a break and maybe have a nice cup of ice-tea or even an ice-cream for this warm weather, while you enjoy watching your recent creations.

The long pose:

Look carefully at yourself. The previous exercises made you simplify the process of self-portrait. Now you have a very interesting tool to challenge your way of making portraits and maybe find another unadorned style ☺

If you look at some of the great masters, the way they have simplified the face is incredible. Just notice a Modigliani face, or the cartoonish faces of Toulouse Lautrec. I wonder what kind of marvelous self-portrait you will create now that you cut down your style.

Remember: less is more!

I look forward to seeing what you create :-)) Hope you enjoy this amazing weather during the bank holiday, and please stay safe. Odette