

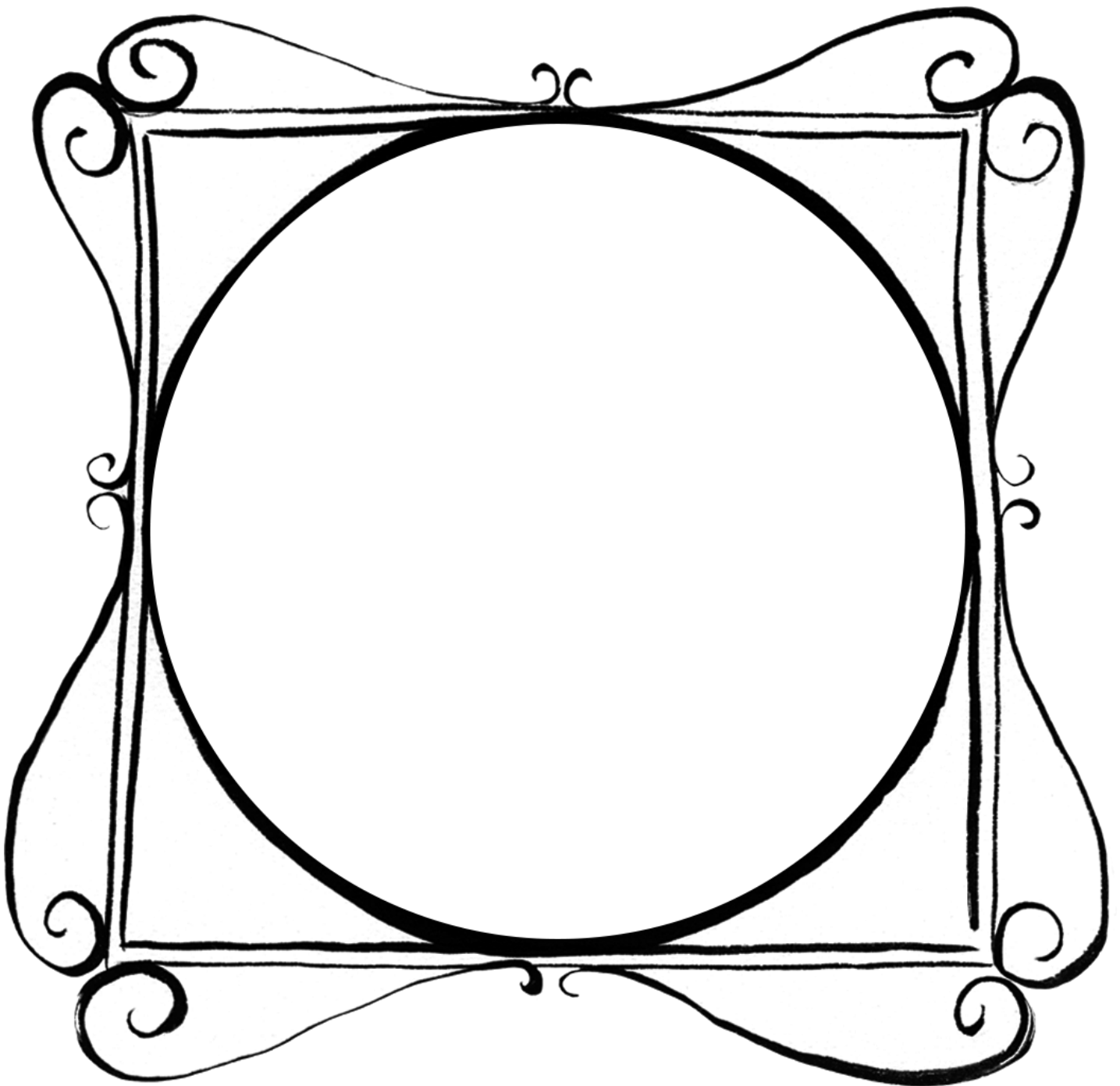
A Self-portrait a Day



by
Ilaria
Demonti

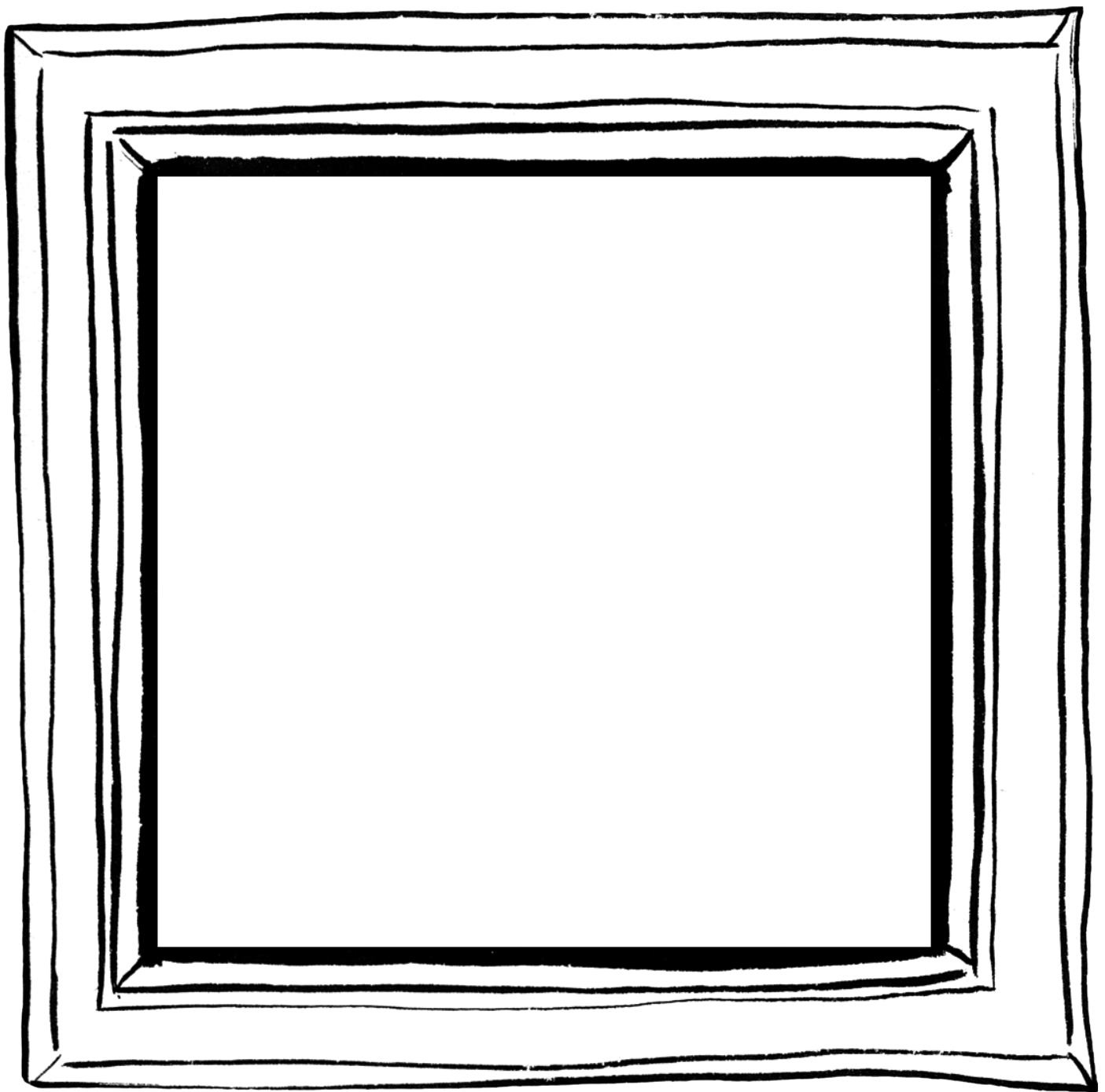
Sit in front of a mirror and draw your face in the frame below.

There's only one very important rule:
you must draw while looking at yourself in the mirror
without looking at the drawing until you are done.



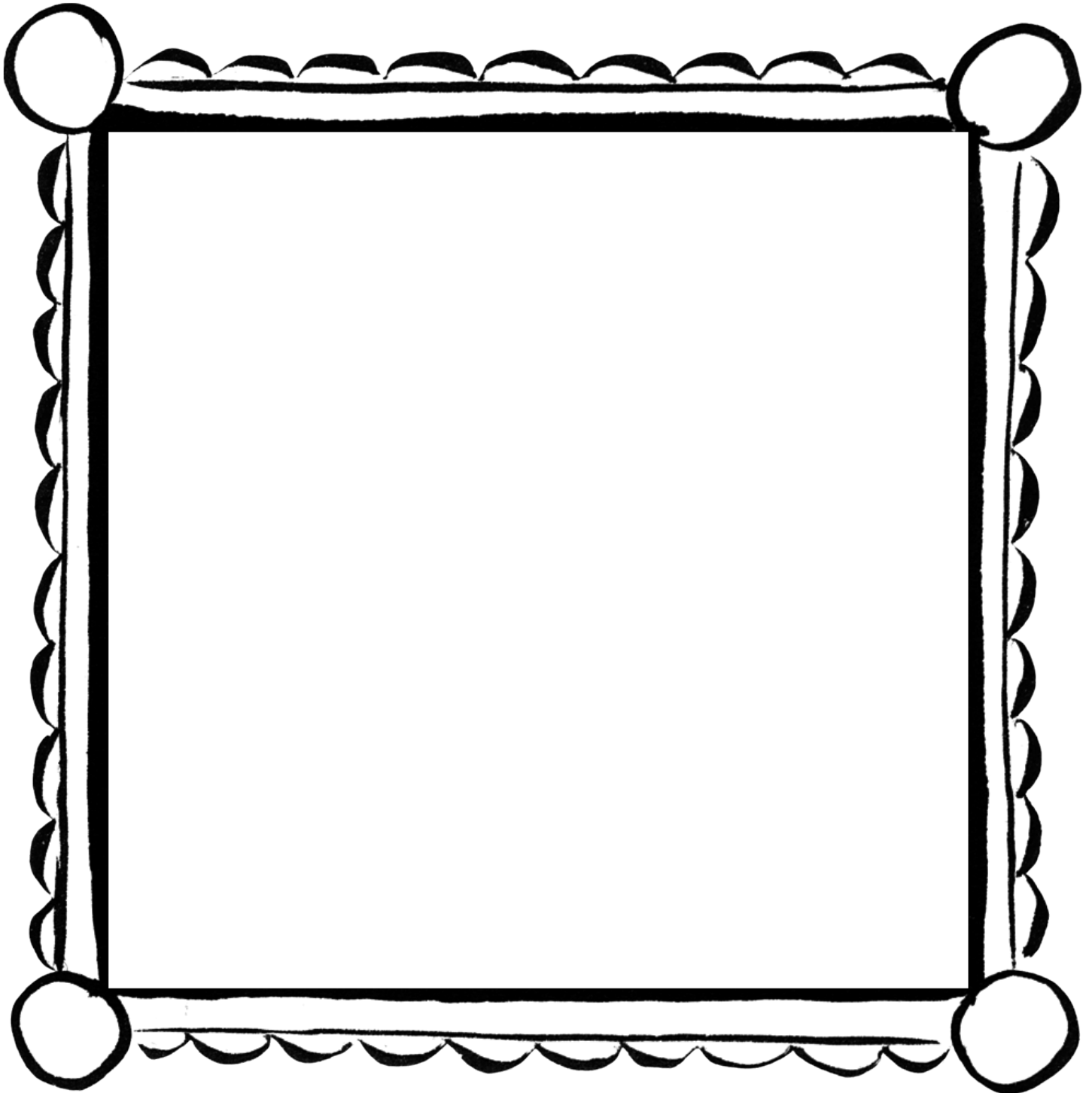
DAY 1

Draw yourself with one single line.
Remember not to lift the pencil from the paper
until you're done!



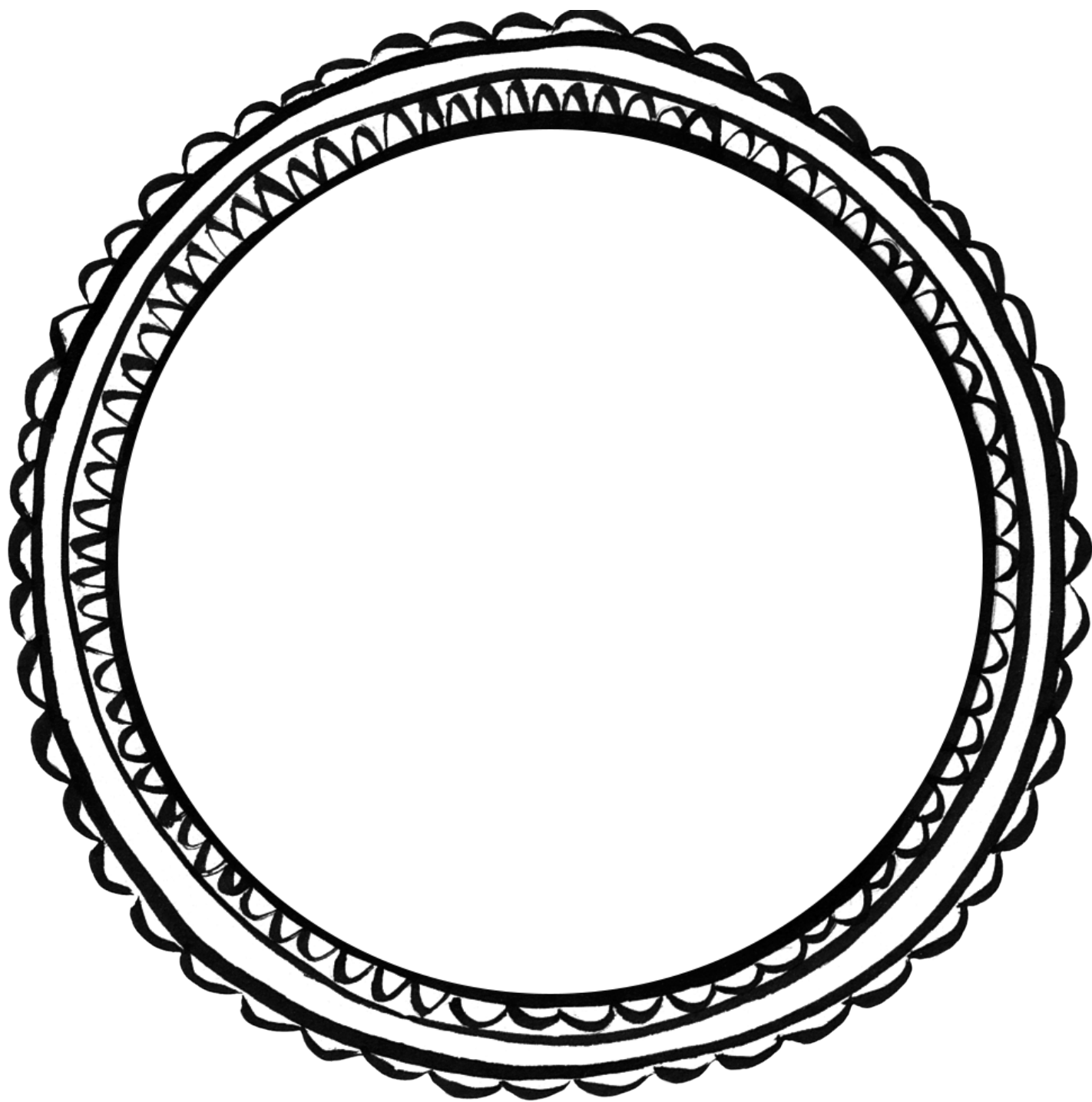
DAY 2

If you're right-handed, draw your self-portrait
with your left hand. If you're left-handed,
draw it with your right hand.

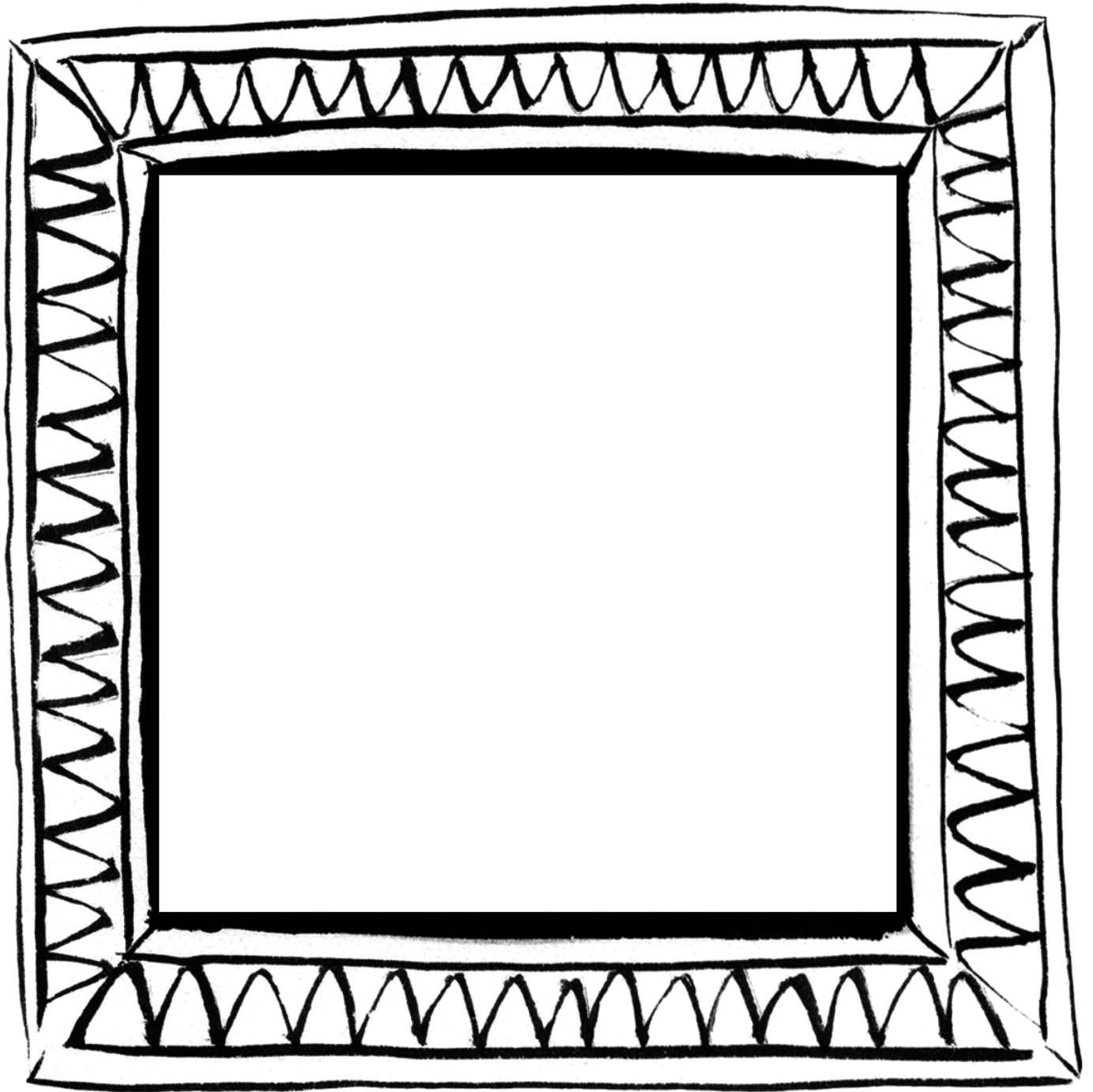


DAY 3

Draw your face holding the pencil from the top.

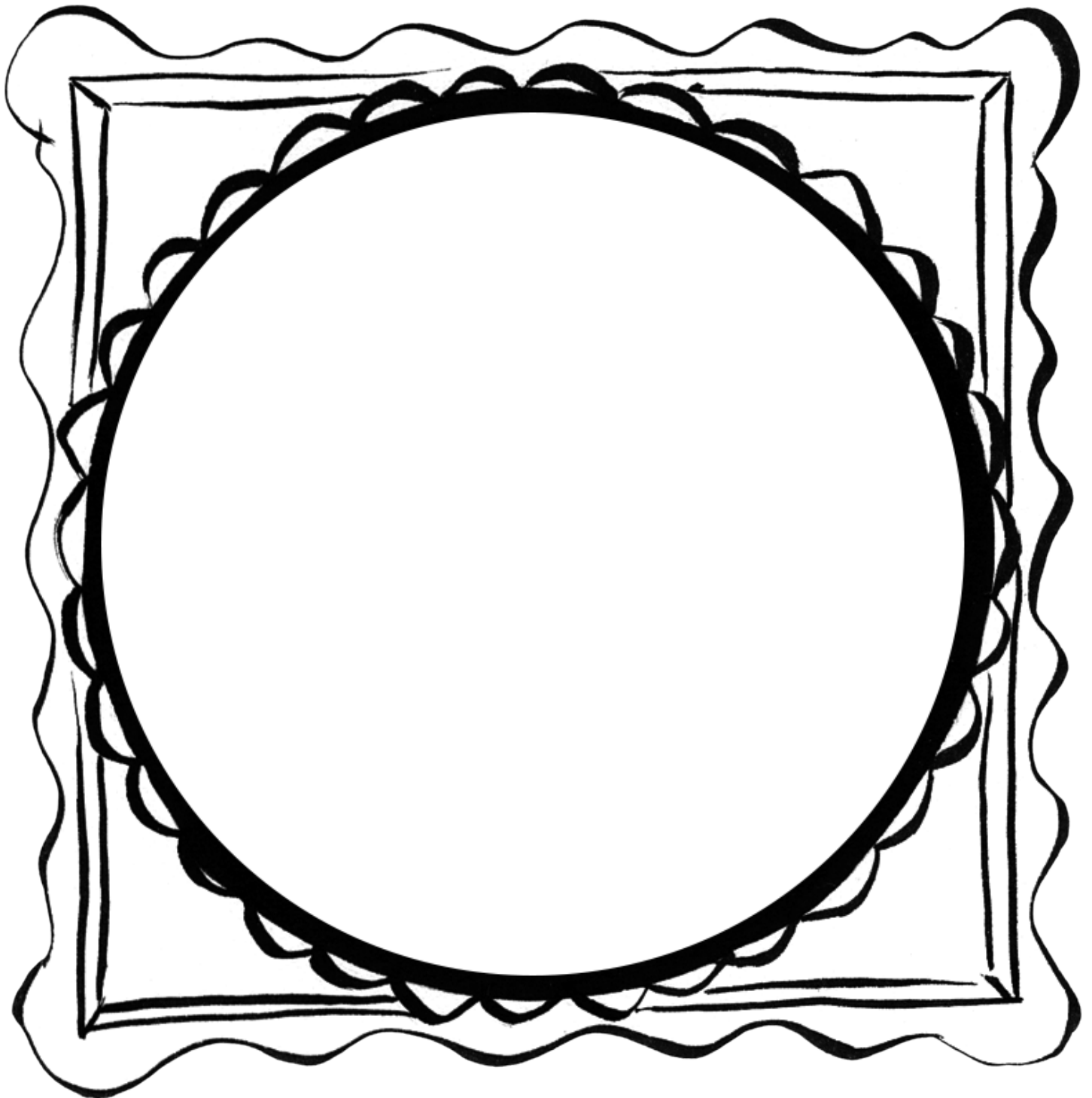


Close your eyes and draw yourself without looking.



DAY 5

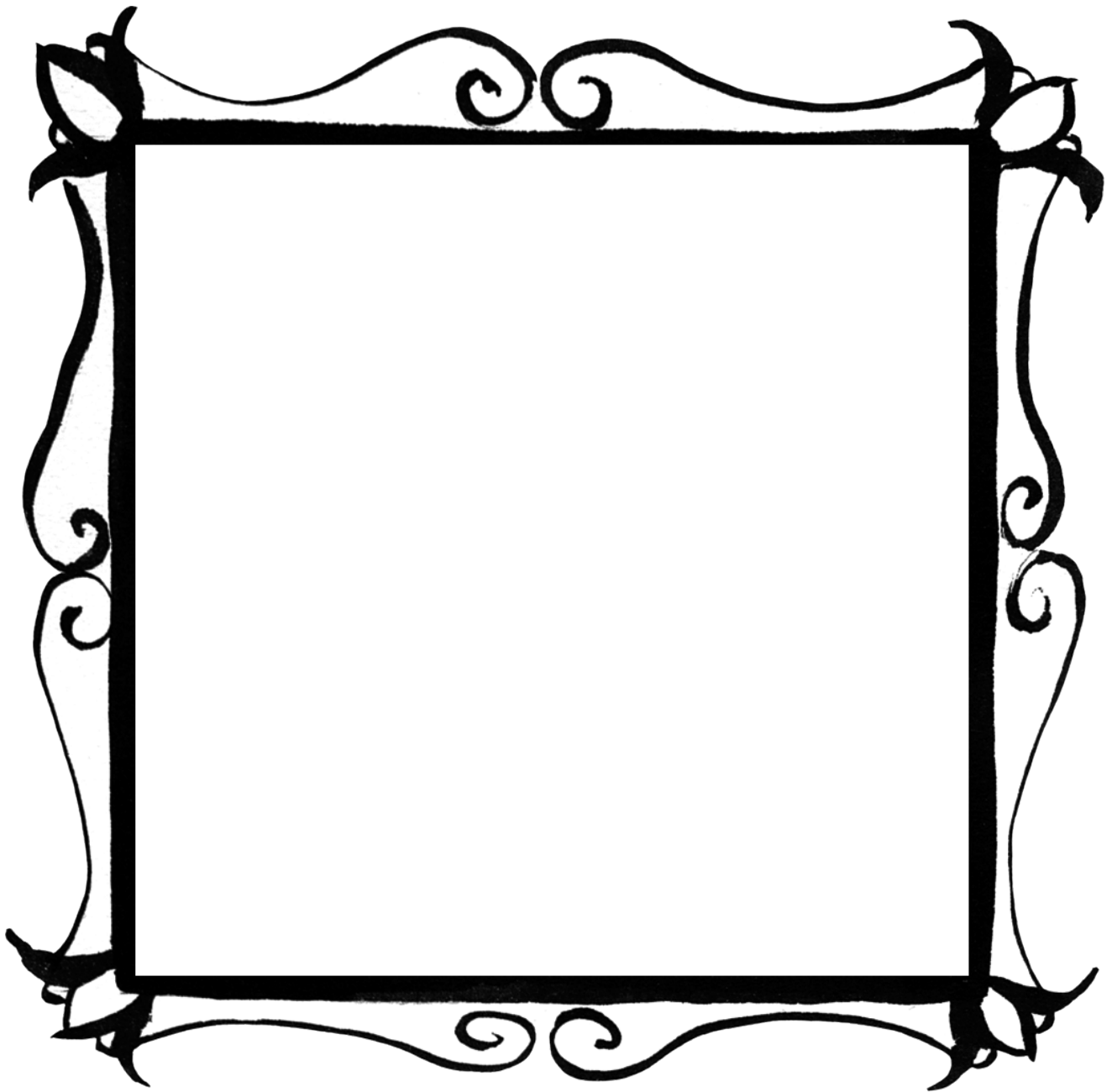
Take some magazines or construction paper and a glue stick.
Make your self-portrait tearing the paper without using
scissors and glue the collage in the frame.

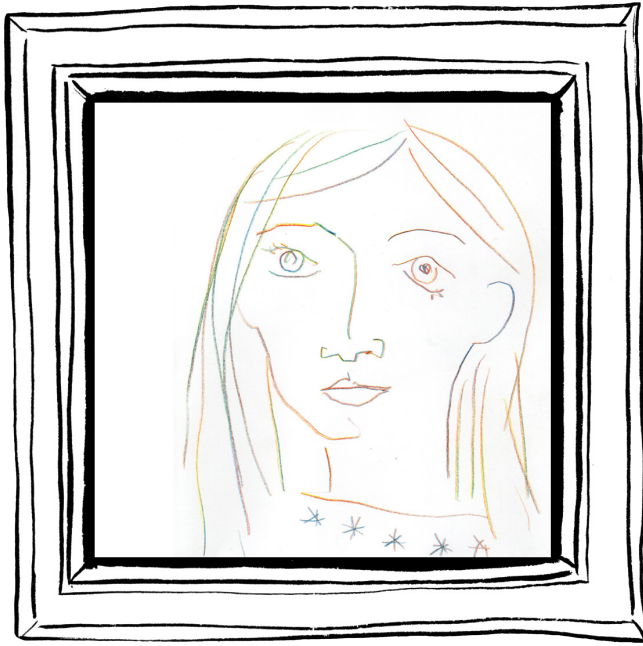


DAY 6

Draw yourself with words.

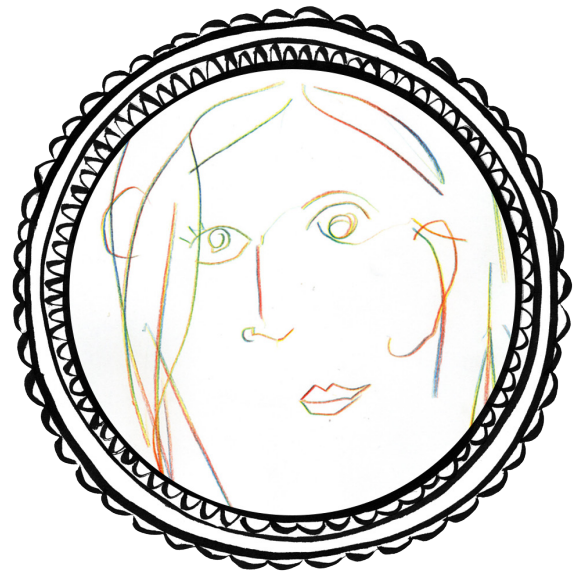
Describe how you look today: what you're wearing, your haircut, how you feel, the color of your eyes, what you are thinking, the shape of your ears.





You can draw as many self-portraits as you like, and see if you change a little every day.

You can also use these ideas to play and make portraits of your parents, your siblings, your friends, your pets.



When you finish, you can cut out your favorite portraits and self-portraits and stick them in your unique family album, made of drawings instead of photos.

Have fun!