

Frida Kahlo

"I am my own muse, I am the subject I know best.

The subject I want to know better."

Frida Kahlo was a Mexican painter who lived from 1907-1954. She is known for colorful art, Mexican inspired paintings, and self-portraits. She is one of the best known artists of the 20th century.

Find out more with this month's patch!

Complete 3-Daisy, 4-Brownie, 5-Junior, 6-Cadette, and 7-Senior/Ambassador steps to earn your patch.

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Discover

1. Learn more about Frida Kahlo and her life. Look for books at your local library or have an adult help you look online to learn about who she was and what she accomplished.
2. A lot of Frida's art was inspired by the Mexican culture around her. Learn a bit more about Mexican culture and try to make a traditional Mexican dish. What do you think of your dish? How was it different from what you typically eat?
3. In Mexico, where Frida lived, people speak Spanish. Learn some phrases in Spanish and practice with your fellow Girl Scouts. Can you say hello and introduce yourself?

4. Frida's art is generally considered to be surrealist. Surrealism is a type of art that doesn't look like real life and often is inspired by the imagination or dreams. Learn more about surrealism and try to paint your own picture.

Connect

5. Frida is best known for her self-portraits. They make up 55 of her 143 paintings. Try to create your own self-portrait. Grab a mirror and look for what makes you unique!
6. Frida wears flowers in her hair for many of her self-portraits and once said, "I paint flowers so they will not die." Create your own flowers to wear. You can make them using a variety of materials such as tissue paper, coffee filters, faux flowers or whatever you like.
7. Create a drawing that captures a mood. Frida's work was very personal and emotional. Create a drawing that shows an emotion. How do colors affect what emotion it is?
8. Frida is probably one of the most easily recognized artists today. Much of her art featured her own face, but many other things do now, as well, from socks to Barbie to nail polish. Look for items in stores or online that have Frida on them and you may be surprised by how many there are. Why do you think she is so popular to put on these items?

Take Action

9. Art can have a huge impact on a person's life. Frida turned to painting after being severely injured. Look to see if there is a local children's hospital or shelter that could use art or art supplies in your area and work to get them some. Creating art can lift someone's spirit.
10. Frida often had to use a wheelchair and could sometimes not even leave her bed due to having polio as a child and getting hit by a bus.

Think of things you can do to help those with different abilities in your area. Help out with the Special Olympics or be a best buddy. Maybe you can help by advocating to getting a ramp in your neighborhood where there isn't one.

11. Think about what people consider beautiful. Frida is known for her strong unibrow and having a slight mustache. She would even paint them darker in her self-portraits. Learn about beauty standards and discuss with your troop about how you can embrace the things that are unique about yourself and the things that set you apart.
12. Frida has become a symbol of strength and resilience to many people and that is part of why she is considered such an icon today. Think of someone in your life who gives you strength, then make an art piece to honor them. Share your art with them to show your appreciation or with someone else to tell them about the person and what they mean to you.