

## Lesson 10: Painting Self-Portraits –

### Different Way of Seeing Ourselves



The self-portrait has been a point of return for artists throughout the centuries. To paint oneself is a way of studying human anatomy, exploring identity, and ensuring that you are remembered by future generations. We have gained insight into the thought and minds of many famous artists through their depictions of themselves, and how these changed over time.

This week we will continue to work on the canvases that we prepared last week, moving on to paint them, and using a different established artist as the source of inspiration for each class. Whether an impressionist, realist or abstract style, we will look at subtlety and contrast in colours, and how we can use a paintbrush to achieve varying effects.

#### Materials:

- Canvases from last week
- Acrylic or Emulsion paints
- Paintbrushes / Water pots
- Spare paper to practice brush marks