

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



Easy Mirror Portraits

What you'll need



- A mirror
- Paper
- Water
- Tissue
- Felt tip pen
- Pencil crayons, paints or oil pastels
- A subject - you, someone else or an image

This easy portrait activity is from participant Rachel. Using a mirror and a felt tip pen, have fun creating an old fashioned selfie - without a phone!

Experiment with different artistic styles to see which one you like best and don't forget to share your portraits with us using #KeepingUsTogether.

Top Tips / Take it Further

- ✿ If you photocopy or trace around the line drawing you've created, you can create lots of different style portraits.
- ✿ Try portraits in the style of your favourite artists - Rachel tried Henri Matisse, Lichtenstein, Andy Warhol, Picasso & Frida Kahlo!

Inspiration

- ✿ www.paintingdemos.com/culture-days-2016
- ✿ www.artistsnetwork.com/art-mediums/drawing/no-phone-selfie-draw-self-portraits

CLICK HERE



Easy Mirror Portraits

Step-by-step



First, decide on your portrait subject.

This can be you, a friend or family member, or you can use an image of someone from a magazine or device.



Close one eye, draw the outline of the face on the mirror using a felt-tip pen. Then without moving, fill in the eyes, eyebrow, nostrils & lips.



Now take a piece of paper, rub or spray a little water on it to make it slightly damp (not dripping!). Remove excess water with a tissue.



Carefully apply the damp paper to the mirror and press gently all over with your hand. When you peel the paper off, the face you've drawn will have transferred to the paper.



Allow to dry and either leave it as it is, or colour it in using your choice of pencil crayons, paints or oil pastels.

