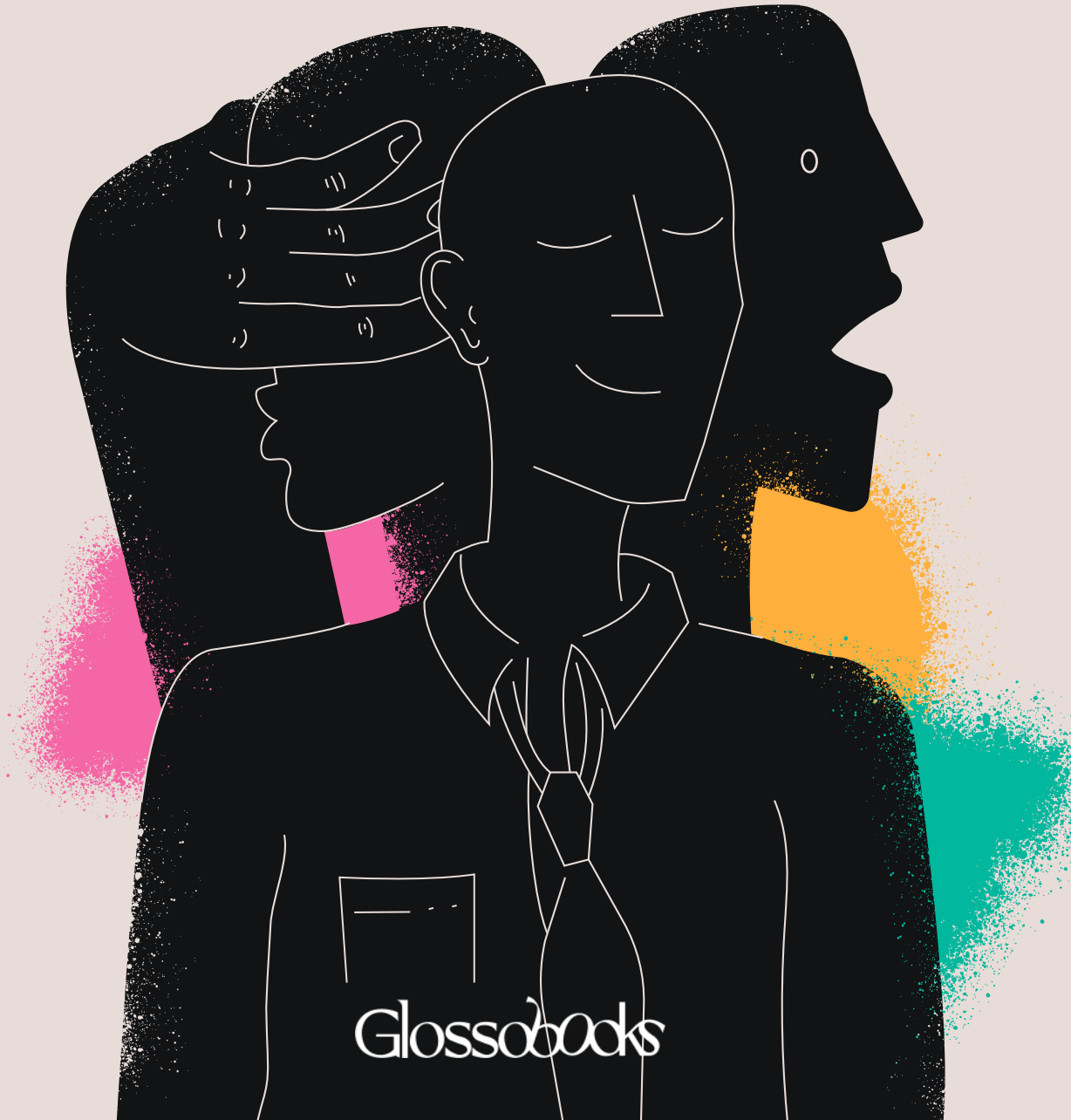


# ME, MYSELF

~~and I~~

THIS IS A BOOK BY  
Sofia Iakovidou



Glossobooks

My family and my art helped to heal me.

---

The most important part of the body is the brain.  
Of my face, I like the eyebrows and eye.

---

Nothing is worth more than laughter.  
It is strength to laugh and to abandon oneself, to  
be light. The tragedy is the most ridiculous thing

---

Don't build a wall around your own suffering -  
it may devour you from the inside

---

Legs.. why do I need you for if I have wings to fly

---

At the end of the day, we can endure much more  
than we think we can

6



*Scan the QR code and do the Quiz to  
find out if you are more of a glass half-full  
or a glass half-empty person.*

\*

In pairs, search and list which qualities are in an optimist or  
a pessimist person.

*Are you an optimist or a pessimist?*

| OPTIMISTS | PESSIMISTS |
|-----------|------------|
|           |            |

# THE QUEEN OF *Selfies*

**I**f you think about it, Frida Kahlo is the original Queen of Selfies. In an age of liposuction, face-lifts, and hair removal, there's something refreshing and liberating in coming to know a woman who flaunts the "defects" most women try to cover up.

She demonstrated a “take me as I am” attitude and overcame her emotional and physical challenges and suffering using her art as a healing tool.

Documenting her struggles in her paintings, she left us an autobiography in paint. She used her suffering to create astonishing original art.

*Think!*

**A** *Can Art be healing?*

**B** *Why or why not?*

# THINK like an ARTIST.

7 | *Attempt a visual analysis of the painting. Which autobiographical elements can you recognize?*

*Consider:*

- a. Foreground / Background
- b. Animals : butterflies & dragonflies, hummingbird, black cat, monkey
- c. Necklace
- d. Time period

*Helpful info!*

*Diego gave Frida a monkey as a gift.*

Self-Portrait with Thorn Necklace and Hummingbird *Frida Kahlo, 1940*



# BE an ARTIST.

8 | *Create a 'I am my own muse' self-portrait or selfie.  
Think about a challenging moment in your life.*

- A** Try to depict it in a selfie.
- B** Add symbols [Frida's style].
- C** Create your own inspirational quote, suggesting the way you handled the adversity

Self Portrait with \_\_\_\_\_

\_\_\_\_\_ (your name), \_\_\_\_\_ (date)

