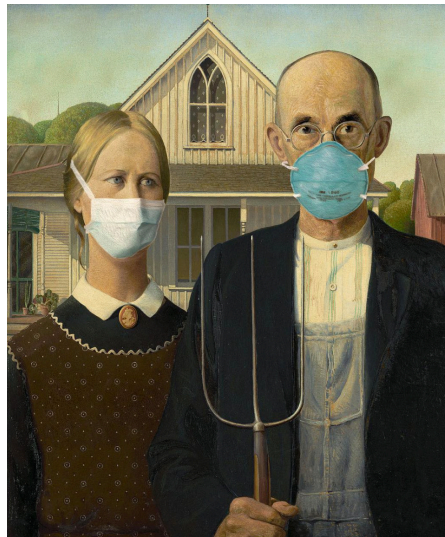


Portraits of the Pandemic exhibition invites people to make portraits of themselves that show how they look and feel during this difficult and sometimes scary time of the COVID-19 pandemic.

Now you can make a portrait of yourself that can be included in the online exhibition!



TRY THIS:

Create your own self-portrait for the Dubuque Museum of Art's *Portraits of the Pandemic* exhibition.

Supplies

- **ANY** kind of plain or patterned paper you can draw on or heavyweight paper for painting on.
- **ANY** kind of drawing tool: crayons, markers, colored pencil, oil pastel, any kind of paint, or even just a pencil!
- **ANY** other supplies that you would like to include to express who **you** are right now...fabric scraps, yarn or ribbon, sequins, glitter, feathers, dried leaves or flowers, origami, folded paper, magazine cut-outs...anything unique and special to you!

Step 1

Think about who you are and how you have adjusted to life during the past six months. Did you still find a way to swim this summer? Did you still get together with friends? Did you spend more time at home in your room? What new things made your daily life special? What did you discover about yourself that made the hard things more okay?

Step 2

Taking your ideas about you've grown, draw or paint a picture of yourself right now. Are you happy or sad? Lonely or excited? Busy or bored out of your mind??? Try to share those feelings in the picture of yourself. Include extra details about special or difficult things about this time. **BE AMAZINGLY YOU!**



Step 3

Once you have finished your self-portrait, go to dbqart.org/portraits-of-the-pandemic/ for information on how to submit your artwork to the museum's exhibition. Or, if you want to keep your art private, put it somewhere safe for you to be proud of and enjoy.



PORTRAIT: A likeness of a particular person or animal.