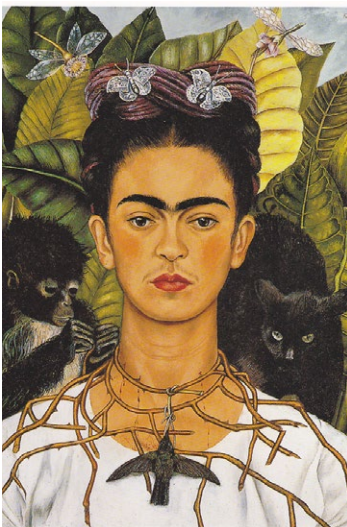


Frida Kahlo

1907-
1954



Frida Kahlo was born in Mexico in 1907. She had six sisters. When she was a child, Frida loved to draw. She would prefer to spend hours on her own with her artwork than to play with her sisters.


When Frida was six, she had an illness called polio, which left her with a damaged right leg. She had to wear a special brace to support her leg and to help her to walk. When she was 18, she had a terrible bus accident, which left her with lots of injuries, including broken bones in her spine, collarbone, ribs, pelvis, leg, foot and shoulder. Once again, she had to rest and spent three months in a full-body cast to help her to recover.

**“I am not sick.
I am broken.
But I am happy as
long as I can paint.”**

During her time in bed with both illnesses, Frida would draw to help keep her mind busy and pass the time. She couldn't see very much from her bed, so she had a mirror placed on the ceiling so that she could see herself. She drew and painted a lot of self-portraits using this mirror. A self-portrait is a picture that an artist makes of themselves.

Frida included lots of bright colours in her self-portraits, reminding us of the vibrant colours of the hot country where she lived. She also included lots of tropical flowers and animals such as monkeys and beautiful birds.

She died in 1954, a week before her 47th birthday.



**“I paint self-portraits
because I am the person
I know best.”**