

Frida Kahlo Challenge



Magdalena Carmen Frida Kahlo y Calderón!

One of the 20th Century's best known artists, and one with an extremely long name! Discover more about the woman behind the name in Frida's challenge...

For even more programme ideas check out our 'Frida Kahlo' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



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Craft

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In her lifetime Frida created 143 paintings; 55 of those were self portraits. Have a go at painting/drawing your own self portrait.



Many of her paintings included the red, white and green of the Mexican flag. Create your own Mexican flag using materials of your choice.

Did You Know?

Frida Kahlo was born Magdalena Carmen Frida Kahlo y Calderón on 6th July 1907 in Coyoacán, Mexico City, Mexico. Later in her life she would tell people that she was born in 1910, the year the Mexican Revolution began so that people would directly associate her with the revolution.



Frida often painted herself and was photographed on numerous occasions in traditional Tehuana dress, originating from Tehuantepec in the Mexican state of Oaxaca. Take a look at some of the traditional dresses and have a go at designing your own.



Test out different types of paint and compare them to see which you prefer. Frida used oil paints in the majority of her work.



Design your own patterns inspired by the textiles of Oaxaca and other traditional Mexican folk art.



Create your own decorative photo frame.

Why?

The Frame, a self portrait by Frida, was the first painting from a 20th Century Mexican artist to be bought by a major international museum when it was purchased by The Louvre in 1939. The painting is now shown at the Musée National d'Art Moderne, Paris.



Frida decorated her shoes with bells, bows and embroidery; create your own decorated pair of shoes using materials of your choice.



Create your own collage or image using symbolism and discover the meaning of some of the objects in Frida's paintings.



Make your own flower crown like those Frida often wore in her paintings.



Decorate a flower pot with Frida's face and grow a flower crown.



Create your own piece of Mexican tin work using a recycled aluminum tube (such as tomato puree). You can emboss your tube with a biro or pencil and colour with permanent markers.



Food

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Make your own sweetened chocolate drink with nutmeg and cinnamon, as is traditional in Mexico. Alternatively set up a hot chocolate station with various toppings and flavourings to enjoy.



Tacos were standard cuisine in Mexico City during Frida's childhood and continue to be popular today. Have a go at making your own tacos.



Make your own Quesadilla; filled corn tortillas that are then griddled and enjoyed throughout Mexico and across the world.



Make an apple based dessert or dip and decorate your own toffee or chocolate apples.

Why?

Frida's first solo exhibition was held at the Julian Levy Gallery in New York City in 1938. New York became known as 'The Big Apple' in the 1920s...who knows maybe Frida even referred to it as that?!



Create your own fondant flower crowns for a Frida Kahlo cake or cupcakes.



Decorate some biscuits to look like Frida or one of her paintings. Perhaps you could get creative with food colouring and a brush and paint your own masterpiece on fondant icing?!



Chop and mix your own Frida fruit salad inspired by one of her many paintings of fruit.



Decorate your table with fruit and flowers to create a still life arrangement.

Why?

Frida was known to set the table elaborately for mealtimes whether she was entertaining friends or eating with her husband, Diego Rivera. Frida's table settings included fruits and flowers, colour coordinated tableware and a variety of dishes to eat, creating living works of art; although her pet monkey and parrot occasionally got involved too!



Frida was bisexual and had affairs with both men and women, discover the colours and meaning behind the bisexual flag and recreate it in an edible way, for example as fruit skewers or decorated biscuits.



Frida's Fiestas by Guadalupe Rivera Marín and Marie-Pierre Colle is a recipe book and collection of memories of Frida from her stepdaughter. Discover and make one or more of the recipes in the book to enjoy with friends or family and host your own Fiesta!



Games

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- 💡 Have a game of pairs or make a matching game using Frida's paintings.

How?

For pairs; print two copies of several of Frida's paintings and then have fun trying to find the matching pair when all are laid out on the table/floor face down.

For matching games; print one copy of several paintings and cut them in half. Take turns to try and find the two halves or hide them for a scavenger hunt version.

- 💡 Frida is considered one of the 20th century's most influential women and well known artists. Create your own set of Inspirational Women trump cards using our free Trump Cards resource.

- 💡 Make your own or play piñata, associated with Mexico.

- 💡 See how accurate you can be in a game of 'Pin the unibrow on Frida' or 'Pin the flower crown on Frida'.

Why?

Frida's appearance was carefully considered. From the celebration of her Mexican identity to the exaggeration of her unibrow and upper lip hair. The celebration of her unibrow has become a symbol of rejecting stereotypes and a celebration of feminism.

- 💡 Have a go at the Mexican Hat Dance (El Jarabe Tapatío), the national dance of Mexico. Dance in a circle and take it in turns to teach everyone else some new dance moves.

- 💡 Play a game of Mexican Lotería; much like bingo but using picture cards instead. Often the caller will use a riddle or rhyme to describe the picture on the card instead of just calling the picture.

- 💡 Have a game of *Mar y Tierra*, a traditional Hispanic game.

How?

Mark a line on the floor and name one side as *mar* (sea) and the other *tierra* (land).

Players then stand on the line, the caller shouts mar or tierra and players must jump to the correct side of the line. Those who are incorrect or last are out.

- 💡 Play *Sardina* (sardines). Much like hide and seek but only one person hides; each finder (upon discovering those hiding) then hides together in the same place and the last person to find the group is the loser.

- 💡 Create your own game based on Frida's paintings or life; she died at the age of 47 and in that time suffered a great deal and achieved so much!



Other

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Play a game of football, go swimming or try wrestling; all of which were encouraged by Frida's father to build her strength after she contracted Polio as a child, age 6.



In 1925 Frida was seriously injured in a bus crash which left her with severe injuries. Complete an activity around road safety such as creating speed posters or making a TV advert.



During her marriage to Diego Rivera (who she married in 1929 and again in 1940 following a short period of divorce) Frida moved around America living in San Francisco, New York and Detroit. Plan your own road trip around America, what stops would you make and what would you see?



Plan an imaginary trip to La Casa Azul (The Blue House) in Coyoacán, Mexico City, now the Frida Kahlo Museum. Take a virtual tour at: museofridakahlo.org.mx/en/the-blue-house/virtual-tour



Frida was unable to have children; take a look at the options available to those like her and discuss why you think Frida decided not to pursue any of them.



Investigate the animals it is illegal to own as a pet where you live; Frida Kahlo had many pets including monkeys, dogs, birds and a fawn!



Create a folding project book about Frida Kahlo to share everything you have learnt and discovered about her life and work.



Frida's father was German and the original spelling of her name was Frieda, meaning 'peace' in German. Make a peace pledge using our free Peace Pledge resource.



Learn how to plait and braid hair in to styles like those shown in Frida's self portraits. Model with a paper flower crown made for your Craft challenge.



We have learnt that Frida was bisexual and had affairs with both men and women. Discover some more LGBT+ icons, why not incorporate this in your Pride Challenge?



Watch *Frida*, the 2002 biopic film (rated 15).



Take a look at where Frida Kahlo's paintings are currently on display and see if you can take a trip to see one in real life.



Read one or more of the many books written about Frida and her life.

Adventure Complete?

Reward your young adventurers with their Frida Kahlo Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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