

**Stencil Instructions:
How to make a Self Portrait
For Less Than \$10**

by:

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Materials:

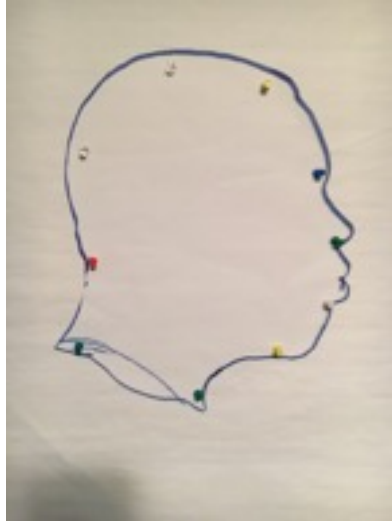
- Milk Crate
- Shaded Room
- Paper (posterboard)
- Light -- LED light from cell phone works
- Spray Paint
- Markers
- Stencil Letters
- Razorblades
- Cardboard
- Tape
- Fabric or big piece of plastic (light color)
- Stencils from found stuff for patterns
 - Ideas: fan, bread crate, soda crate -- interesting spaces in materials make patterns
- Creativity
- Message (coming from a need -- celebrate, declare, organize etc)

Steps for self portrait

- 1. Trace and cut silhouette**
- 2. Make frame for your self**
- 3. Create your background**
- 4. Spray your self portrait**
- 5. Spray your message**
- 6. Teach someone else**

Detailed steps on next page.





1. Trace and cut silhouette

- Hang paper on wall
- Dim lights (the darker the better)
- Turn on sharp light used for shadow -- LED light from cell phone works well.
- Model for portrait sits between light and paper on wall, facing sideways (in profile)
- At this point, model's profile should be projected onto paper in a sharp, dark shadow
- Have partner trace shadow onto the paper
- Once the drawing is complete, turn on overhead light
- Use box cutter to trace over and cut out the drawing of shadow
- At this point you have two pieces of paper: the big piece with your head missing from it, and the paper piece in the shape of your head. You'll need the first piece for the next step.

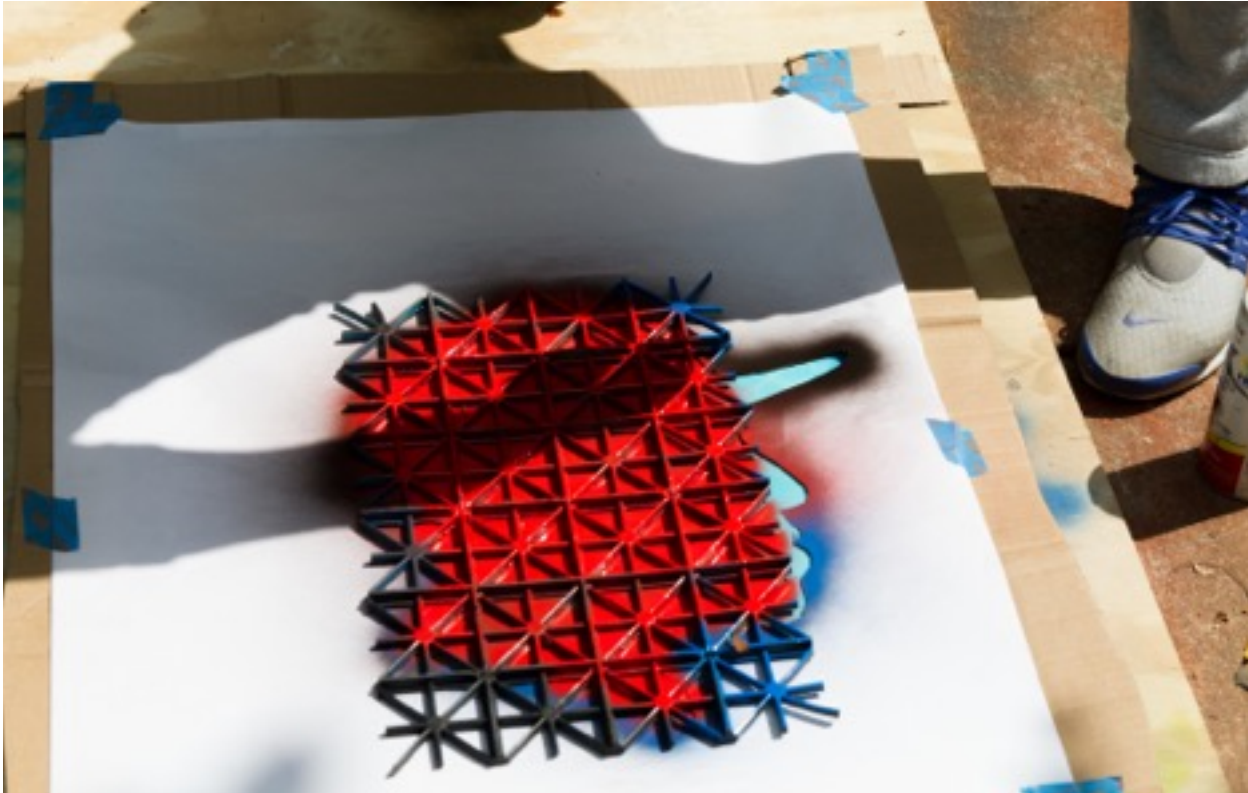




2. Make frame for your self portrait

- From cardboard, cut four long strips
- Measure them and cut them down to the size of the four sides of your big piece of paper with the head cut out
- Tape cardboard strips down on the sides of paper, meeting at the corners and forming a frame around the paper.





3. Create your background

- Do a test run to see how these designs come out!
- Using creativity and imagination, you can use all types of materials to create designs for your background. Experiment with disposable materials you don't mind getting spraypaint on.
- Experiment with cutting out stencils in shapes that you want on your design.
- Lay stencils/materials flat on fabric/paper and create art.
- To get sharp edges, spray about 6 inches away from paper on a slant.
- Using light hand motions (feathering) create overlapping layers of paint. With more layers you should get a very dense color. Too much paint will get under the edges of the stencil and blur it.
- Peel off sprayed stencil and see what you have.



4. Spray your self portrait

- Once satisfied with background, then you lay framed head cutout on your background, and spray paint using the same technique.
- Peel framed head cutout off.
- Wait about 10 minutes for your picture to dry.



5. Spray your message

- Determine your message.
- Lay out stencil letters.
- Spell check!
- Spray according to previous directions.



6. Teach someone else! The cost of this kit is teaching someone else how to do it too.

