The Fashion of Frida

Frida Kahlo is one of the most famous and well-known global artists. She was a surrealist painter that created artworks inspired by her life. Many of her artworks are symbolic of her pain and her sadness.

Kahlo was not known only for her work. She is remembered for her activism in defending the cultural traditions of her native country, Mexico. In the photograph, we can see an example of her wardrobe. Even in black and white, we can see the many patterns and colors she wore. Kahlo was known for her bright and colorful clothing and carefully arranged hair. Through wearing traditional Tehuana clothing, Frida Kahlo asserted her identity as a person of indigenous Mexican heritage. Her dress and her appearance was very important to her for a variety of reasons. On Cinco de Mayo, we are celebrating the traditions of all Mexican artists that made a difference in the world through honoring their heritage.

Learn more by creating a paper doll inspired by Frida Kahlo. Color and cut out the paper doll and accessories. Place them on your colored background.
Frida Kahlo wore Tehuana traditional dress. The fashion of the Tehuana people, especially the women, wore bright and colorful clothing. This tradition was passed down from mother to daughter. The traditional Tehuana dress also showed others that she was strong, proud, and independent.

Tehuana clothing is bright. There are lots of patterns, shapes, and details. Tehuana textile makers used lots of geometric patterns and designs like circles, squares, stars, and lines. Tehuana fabric sometimes contained flowers and animals.

Color in Frida’s skin and clothing. Use shapes, patterns, flowers, and animals to decorate Frida’s clothing on the next page.

Share your creations with us on social media by tagging us at @AtownArtMuseum and #AAMatHome!
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