

Stir Crazy? Challenge #8

Self Isolation Portrait

Self Isolation Portrait by Helen Ashdown



Are you as clever as a 3rd grader? Many of you have enjoyed the self portrait quilts the kids have created and displayed at the museum, so now YOU have a chance!

We have all been isolated long enough to have quite a few feelings about this situation and this will be a fun way to document life in isolation. Make sure to BE CREATIVE! Embrace your aura! Look at the kid's quilts and have fun.

Remember to post your Self Isolation Portrait on Facebook and Instagram using the tags [#stircrazyvam](#) and [#vamsselfportrait](#).

SUGGESTED MATERIALS

- 12"-14" piece of muslin and another 12"-14" piece of felt
- Fabric scraps
- Wonder Under, fabric, spray glue, or whatever you choose
- Sewing supplies (scissors, etc...)
- Embellishments (lace, trims, yarn, braid, buttons, charms, old jewelry, etc...)



INSTRUCTIONS

- Sketch the feelings and events you've experienced during self isolation, surrounding a quick sketch of your face.
- Lay the muslin on top of the felt square.
- Cut out shapes or find fabrics that depict the things in your drawing.
- Lay out your design and finish it with raw edge appliqué, machine or hand stitching, fusing or your favorite technique
- All of the kid's fabric is fully fused before they cut out shapes, but you can decide on another technique that brings you more joy.
- Iron your protrait and then add some stitching, quilting and as many embellishments as you like. (Buttons can be eyes and yarn makes great hair)
- Bind your little art quilt (plain 1 1/4" strips of black cotton with fusible, the length of the sides of your quilt, can be ironed on for a simple border).



SKETCHING TIPS

For the background

- How do you describe isolation? What's been the most fun to do? What's been most difficult? What are you doing most often? Where are you spending the most time? Who are you spending time with?

For your face

- What shape is it? Shape of your eyes? Lips? Nose? Chin? Do your ears stick out? Do you have freckles? Wrinkles? What is your hairstyle/color? Do you like to wear a hat or earrings? What else makes you unique?