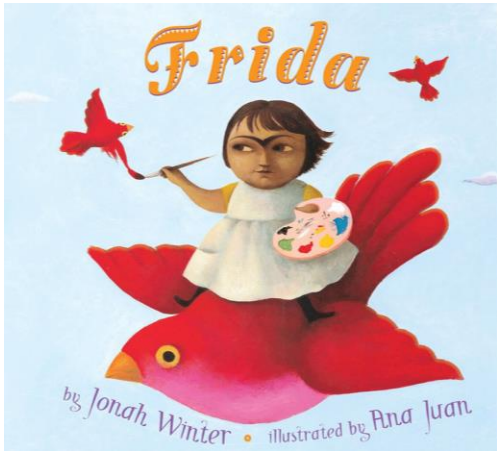


Discussion Guide for Families



Frida

Author: Jonah Winter

Illustrator: Ana Juan

Themes: Art, Identity, Resilience, Healing

Book Brief: A book that explores the life of Frida Kahlo, a renowned Mexican artist known for her unique paintings and vibrant depiction of culture and emotion.

READ ALOUD

Before Reading: Build Background

- Model how to connect to the story by discussing with your child the concept of overcoming obstacles and how people can turn challenges into opportunities. Say to your child, "Think about a time when something was hard for you, but you found a way to make it better or learn from it. What are some ways you think people can express themselves when they're feeling strong emotions?" This conversation can help set the stage for understanding Frida's story of resilience and creativity.

While Reading: Make Connections

- Engage with your child about the emotions and experiences Frida goes through in the story. Ask, "Why do you think Frida started painting pictures of herself?" or "What do you notice about the colors and symbols she uses in her paintings? How do you think they relate to her feelings or life events?"

After Reading: Ask Questions

- What did you learn about how Frida used her challenges to inspire her art?
- How do you think art can help people express their feelings or experiences?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- Providing a variety of art supplies and encouraging your child to create their own artwork inspired by Frida Kahlo. They could paint a self-portrait expressing their own feelings or use symbols that are meaningful to them.
- If possible, visiting an art museum that features Frida Kahlo's work or other Mexican artists to see the themes of the book reflected in real artworks.