

Planning for Your Self-Portrait



A self-portrait or selfie is an expression by you about you. What is it that you want to communicate? Start by thinking about yourself. Use the questions on this portrait planning sheet to guide your planning, and the mirror to stage your pose.

1. Where do you live? What about that is special to you? What objects, colors, or background might you use to express your connection to a place?

2. What is one culture group you are part of? Think about groups you belong to such a sports team, music group, school club, religious group, ethnic group, or the community you live in.

What about that is important to you?

How could you express this? What objects, clothes, jewelry, colors, or background might help express this?

3. What are your interests? Do you have hobbies? How can you share them with others without words?

What objects, colors, or background might express your interests?

4. What emotions or personality traits do you want to show?

What facial expressions will convey these?

What body posture (sitting, standing, hunched over, standing tall, head turned sideways, back facing camera, etc.) will show this emotion?

5. Think about what you want viewers to understand about you when they look at your portrait. How do you want them to read your photograph? What do you want them to “get” about you?

What emotion do you want people to feel?

What attitude do you want them to see?

What clues about your life do you want to give viewers?

6. Where would you like to be located within the frame of the picture?

7. Think about from which angle you will shoot the picture. Will it be: Straight on? At eye level? From above? From below? From the side?

8. Lighting affects the mood of a photograph. What is the mood you want to express?

How would you like the lighting to look? Should it be: Mostly dark with a little light? Equal amounts of light and dark? Lots of light with a little dark? Open bright light?

9. What objects might help convey meaning in your portrait? Make a list of what props (objects, photos, fabric, furniture) you want in your photograph:

10. How will you dress? How will you wear your hair?
Make a list of the clothes and jewelry you want to wear:

11. Will you include your full body or just a part in the frame of the picture?
Will you be sitting or standing?