

Arts and Minds: A 'Heart-Work' Conversation

By [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

Week two with students at [Cambourne Village College](#) as part of the 'Young People's Pilot', coordinated and managed by [Arts and Minds](#), a leading arts and mental health charity in Cambridgeshire.

Teenagers were introduced to graphite, charcoal, masking tape and acrylic paint as mediums for communal expressive mark making. A collective drawing was produced, whereby students were encouraged to work in collaboration and in response to each other.

This session was also about building up a repertoire of mark making experience and a vocabulary for working together.

Three separate 'canvases' were produced by three different groups.

[**Back to "Heart-Work" Arts and Wellbeing Project**](#)

First Marks

Graphite, Charcoal and Masking Tape



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