

Arts and Minds: Building to the Limit

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

This was the eighth session 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.

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



Introduction by Sheila Ceccarelli

In this session students were given the challenge of making building blocks out of mixed media and using them to build a sculpture. They were encouraged to experiment with balancing different elements together and setting themselves the challenge of seeing how far they could build before their constructions collapsed.

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