

Arts and Minds: Drawing for Mindfulness

Session led by [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

This was the fifth 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

Inspired by full autumn colour and smells, I guided students on drawing exercises designed to explore drawing as a tool for seeing and being in the here and now.

This session was fifty minutes long.



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