

# Arts and Minds: Feeling Through Drawing

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

This was the fourth 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.

Students were led on a guided drawing experience of drawing through touch.

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



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### ***Introduction by Sheila Ceccarelli***

Students fully concentrated on this task and outcomes were outstanding - the level of concentration and ability to deconstruct and translate the objects into drawings, through touch was extraordinary.

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