Arts and Minds: Manipulating Clay with Water

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

This post shows how to facilitate a sensory session exploring water and clay.

This was the ninth and final session at **Cambourne Village College** 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

This week was about having the freedom to play and manipulate form.

Nothing beats clay and water for their properties when together and the opportunity they give to create form.

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