

Arts and Minds: Asemic Writing and Invented Text

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

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

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



Following on from week two [A 'Heart-Work' Conversation](#), students were given the opportunity to further explore expressive mark making as a tool for self-expression and a vehicle for communication.

Whereas in the previous session students had made marks in response to each other's work in the form of a 'visual conversation', in this session students worked alone.

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Arts and Minds: A ‘Heart-Work’ Conversation

Arts and Minds: Time to Introduce Ourselves – A Sculpture Challenge

Sketchbook Exercise: Drawing Brushes with Charcoal

Making Giant Withie Lanterns

With ‘festivals of lights’ in November and December, teenagers at AccessArt’s Experimental Drawing class had a fun time constructing giant lanterns out of withies and wet-strength tissue paper.

Make a Model Stitched House

50 Minutes Looking and Sketching Autumn Leaves

With rich colours and shapes everywhere, a wonderful opportunity to use sketching to tune into this beautiful time of the year.

Teenagers Write A Letter, A Postcard, A Poem or A Narrative in Invented Text

Ten Top Tips to Take Superb Pictures on Your Camera Phone **by Ruth Purdy**

What is a Canvas? Exploration Activity

Time to Introduce Ourselves – Initial Sculpture!

**Marbling for Surface Design
by Ruth Purdy**

**Lights | Camera | Action | we
all love glow-in-the-dark
tape! By Sara Dudman**

Collagraph, Collage and Stitch: Make a Image of Your Home on Fabric

The August Creative Challenge Gallery – Week Four

Drawing with a Ruler

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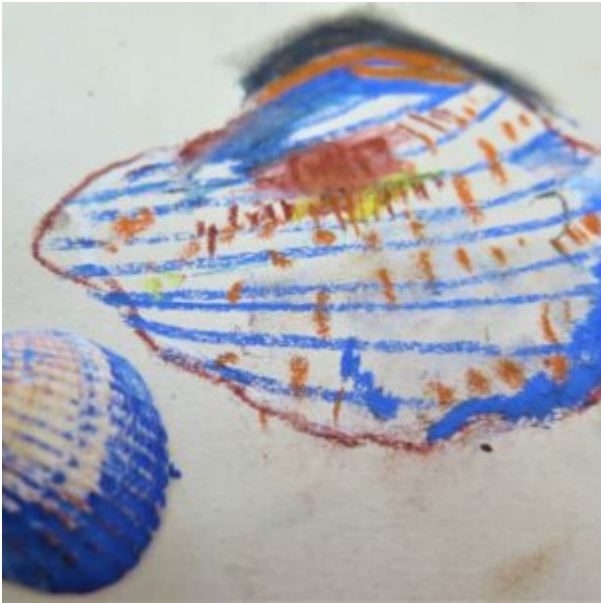
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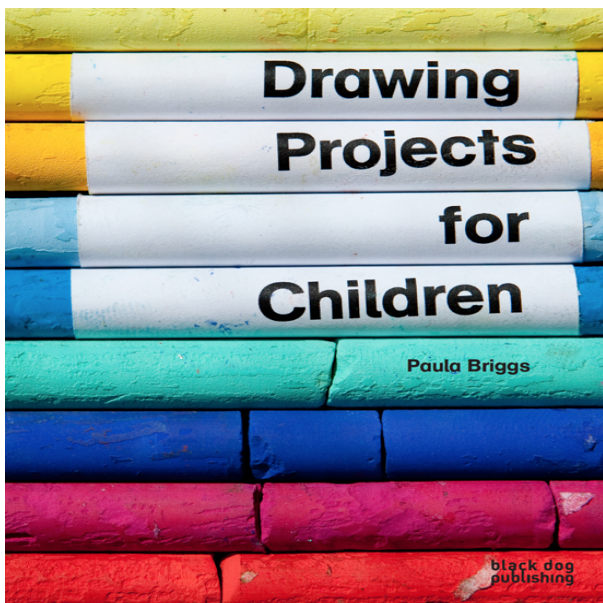


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The drawing journey



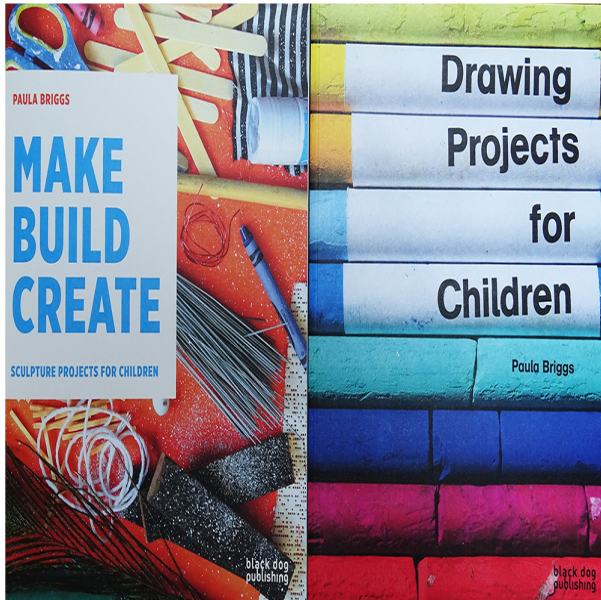
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