

# Wave Bowls

In this session children make 'wave bowls' with Paula Briggs – a session where the pieces literally 'come together'.

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We believe everyone has the right to be creative and by working together and sharing ideas we can enable everyone to reach their creative potential.

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**“Heart-Work” an Arts and Wellbeing Project for Young People**

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



## Arts and Minds: A 'Heart-Work' Conversation



## Arts and Minds: Asemic Writing and Invented Text



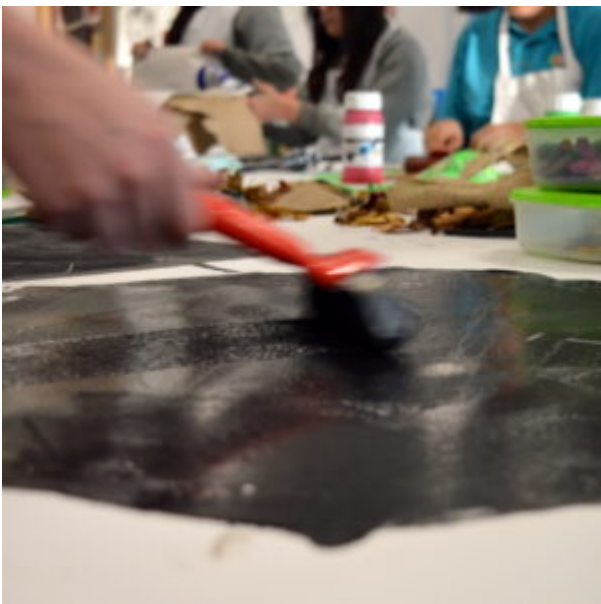
**Feeling Through Drawing**



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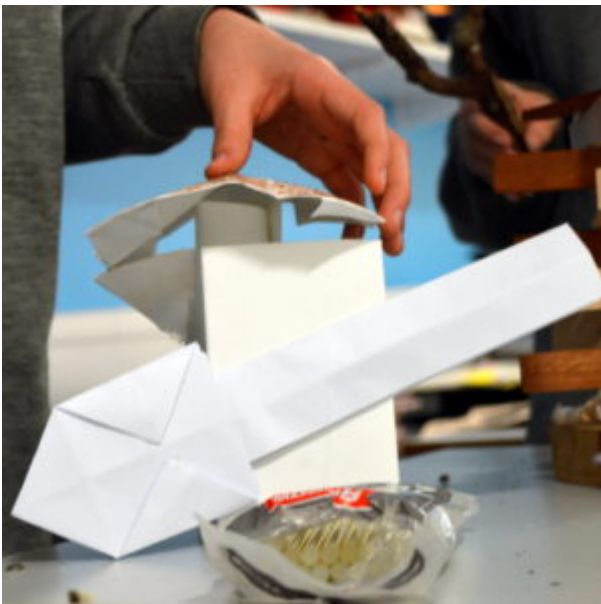
## **Arts and Minds: Expressive Monoprinting on a Big Scale**



## **Constructing the World with Collage**

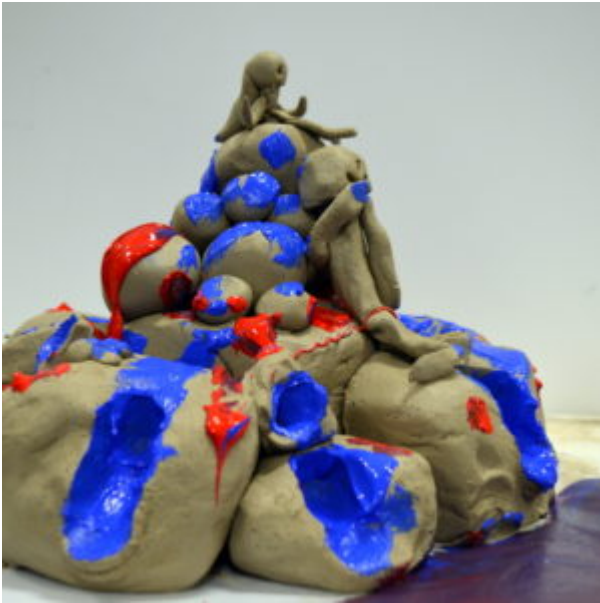


**Building to the Limit**



**Manipulating Clay with Water**





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## **“Heart-Work” – A series of ‘Arts on Prescription’ style workshops for young people at Cambourne Village College with Arts and Minds; Led by Sheila Ceccarelli (Artist) and Yael Pilowsky Bankirer (Psychotherapist)**

This series of workshops with students at Cambourne Village College was part of the ‘Young People’s Pilot’, coordinated and managed Arts and Minds, a leading arts and mental health charity in Cambridgeshire. The sessions were led by Sheila Ceccarelli from AccessArt (artist) and Yael Pilowsky Bankirer



(Psychotherapist)

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## **Arts and Minds: Building to the Limit**

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## **Arts and Minds: Manipulating Clay with Water**

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

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## **Arts and Minds: Constructing the World with Collage**

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## **Arts and Minds: Expressive**

# **Monoprinting on a Big Scale**

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## **Arts and Minds: Drawing for Mindfulness**

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## **Arts and Minds: Feeling Through Drawing**

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## **Arts and Minds: Asemic Writing and Invented Text**

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## **Arts and Minds: A 'Heart-Work' Conversation**

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