

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

Introduction by Gavin Clayton, [Arts and Minds](#)

This was the first 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.

[Arts and Minds](#) developed the Young People's Pilot of [Arts on Prescription](#), thanks to funding from the Arts Council's [Norfolk and Norwich Festival Bridge](#) organisation.

*In Cambridgeshire mental health service provision for Young People involves lengthy wait times and the thresholds necessary to trigger statutory care continue to rise. **Arts and Minds** wanted to see what could be done as an 'early help' provision for young people within schools. The result was an initial pilot at **Ernulf Academy in St Neots**, which produced evidence showing significant positive impact on wellbeing and mental health along with improvements to behaviour and attendance.*

*This second pilot, employing **AccessArt's** co-founder **Sheila Ceccarelli**, is a new delivery partnership and one that we hope will bring the work to the attention of a larger community of interest, build on the findings from first pilot and allow **Arts and Minds** to develop larger scale delivery within Cambridgeshire secondary schools.*

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

Time to Introduce Ourselves - A Sculpture Challenge

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



We kicked off the programme with a quick making challenge which would act as an ice-breaker and introduce students to an array of materials.

Having lots of different kinds of materials at hand was key to this session - allowing for plenty of exploring and inventing and also highly individual outcomes.

	Please log in here to access full content.	
Username		<input type="text"/>
Password		<input type="password"/>

	<input type="button" value="Login"/> <input checked="" type="checkbox"/> Remember me
	Forgot Password

To access all content, I would like to join as...

An Individual



Creative practitioners, educators, teachers, parents, learners...

From £3.50

An Organisation...



Schools, Colleges, Arts Organisations: Single and Multi-Users
From £42

AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.

Filling a Sketchbook: Ruler Drawings

You May Also Like...

Pathway: Exploring Form Through Drawing



[This is featured in the 'Exploring Form Through Drawing' pathway](#)

The drawing journey



**See Drawing Projects for Children for
more Drawing Exercises**



Drawing with a Ruler

You May Also Like...

Pathway: Exploring Form Through Drawing



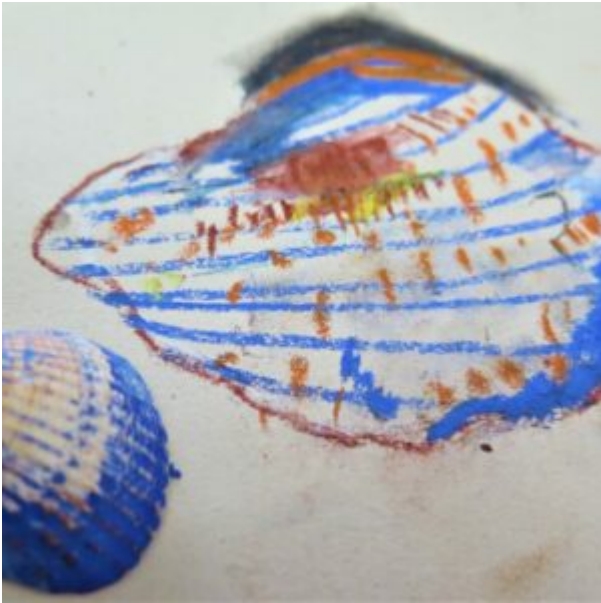
[This is featured in the 'Exploring Form Through Drawing' pathway](#)

Pathway: Stick Transformation project

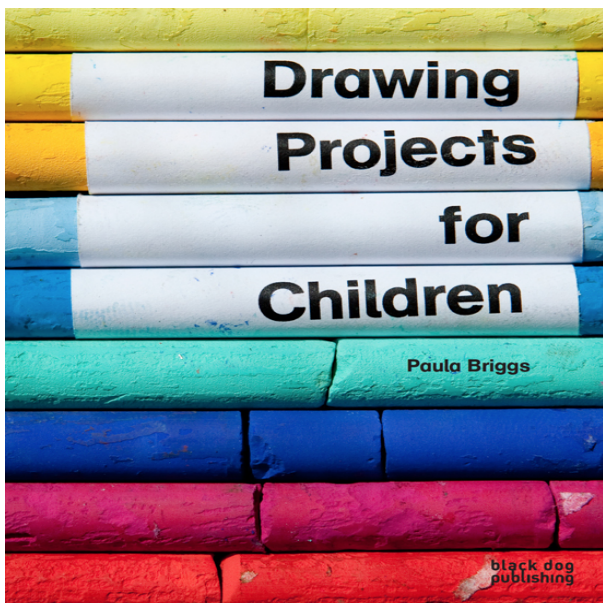


[This is featured in the 'Stick Transformation Project' pathway](#)

The drawing journey



**See Drawing Projects for Children for
more Drawing Exercises**



40 Minute Cardboard and

Double-Sided Sticky Tape Engineering Challenge

This workshop was all about getting year three and four Brilliant Makers at Milton Road Primary School to think about the biggest challenge for any maker: how to make something stand up.

Warm-up Drawing Exercise: Making Stronger Drawings

Exercise to help children make stronger, more powerful drawings. [Full AccessArt Members Only](#)

Making a Shy Drawing – Drawing Exercises for Beginners

Find out what a “shy drawing” is and how it can help you focus. These exercises and suggestions provide a focus which enables pupils and teachers to explore different aspects of making a drawing, including sound, action and intention. [Full AccessArt Members Only](#)