

# Arts and Minds: Drawing for Mindfulness

Session led by [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

This was the fifth 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.

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

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## *Introduction by Sheila Ceccarelli*

Inspired by full autumn colour and smells, I guided students on drawing exercises designed to explore drawing as a tool for seeing and being in the here and now.

This session was fifty minutes long.



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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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**Sketchbook Exercise: Drawing  
Brushes with Charcoal**

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**Introduction to Landscape by  
Hester Berry**

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**Teachers Explore 'Line and**

# **Shape' at the Fitzwilliam Museum, Cambridge with AccessArt**

In the spring and summer of 2016, Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge to create and deliver a series of InSET sessions (in-service-training) for primary school teachers.

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## **Gathering Marks and Tearing Paper to Appreciate Prints by Goya, Turner and Cornelius at the Fitzwilliam Museum, Cambridge**

This post shares how Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge, enabled teachers to enter into the intricacies of prints made by Turner, Goya and Cornelius in a Temporary Exhibition at the Fitzwilliam Museum in summer 2016: 1816: Prints by Turner, Goya and Cornelius.

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# **Using Drawing to Get Closer to 18th Century Portraits at the Fitzwilliam Museum, Cambridge**

This post shares how Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge, used drawing exercises to take a closer look at 18th Century portraits

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# **Using Sketchbooks, Drawing and Reflective Tools in the 20th Century Gallery at the Fitzwilliam Museum, Cambridge**

This post shares how Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge, enabled teachers to explore 20th Century paintings and sculpture, through using sketchbooks & drawing as tools for looking and remembering.

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# Thoughtful Drawing and Mark Making in the Armoury at the Fitzwilliam Museum, Cambridge

This post shares how Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge, enabled teachers to explore armour through discussion, drawing and mark making.

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## Filling a Sketchbook: Ruler Drawings

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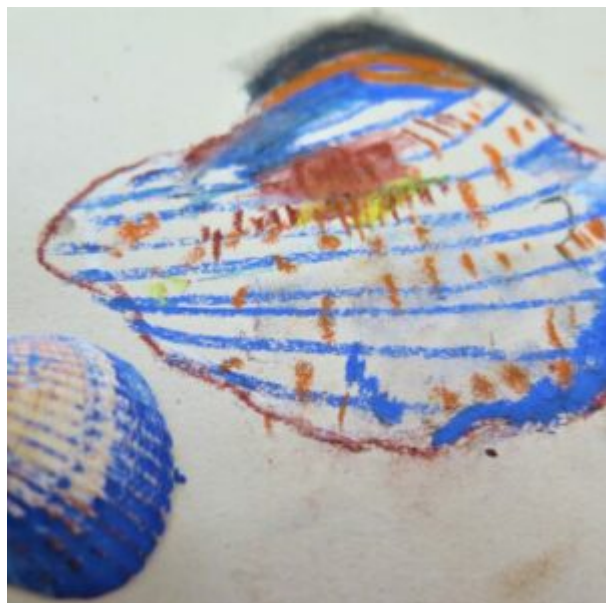
**Pathway: Exploring Form Through Drawing**





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

**The drawing journey**



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



# Collage and Construction

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## 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.

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

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## What is a Canvas? Exploration Activity

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# Using Drawing as a Way of Understanding: University of Liverpool Veterinary Science Schematic Drawing Task.

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## Teenagers Use Touch to Draw and Explore Small Objects

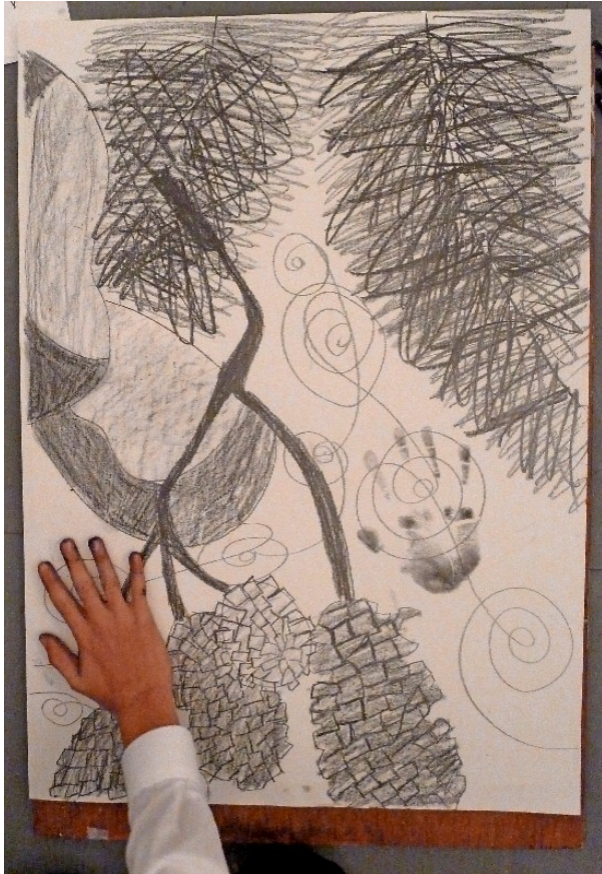
“Feely Drawings” or Drawing by Touch – a 5 minute drawing exercise



This short icebreaker or warm up exercise, led by Paula Briggs

at the Drawing Workshops for ages 6 to 10, encourages the children to relax into their drawing session.

## **Introducing Graphite and Blind Drawing**



Teenagers explored mark making, drawing 'blind' with the age old drawing tool 'the pencil' and softer graphite sticks. Sheila Ceccarelli

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## **Building and Drawing**

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# Feeling Our Way Around Wool