

# Arts and Minds: Feeling Through Drawing

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

This was the fourth 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.

Students were led on a guided drawing experience of drawing through touch.

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



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## ***Introduction by Sheila Ceccarelli***

Students fully concentrated on this task and outcomes were outstanding - the level of concentration and ability to deconstruct and translate the objects into drawings, through touch was extraordinary.

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## **Sketchbook Exercise: Drawing Brushes with Charcoal**

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# **Water and Rock: Teenagers explore building drawings with graphite and modroc**

Teenagers look at pieces of chalk and flint and explore the physicality of rocks and geological processes with graphite and plaster.

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## **Drawing Flames**

Teenagers are led on several guided drawing exercises exploring mark making to the rhythm of a burning flame.

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## **Red to Green: Steps to Observational Drawing**

Foundations for students to be able to approach observational drawing without feeling inhibited or paralyzed and reinstate their confidence in their ability and right to draw.

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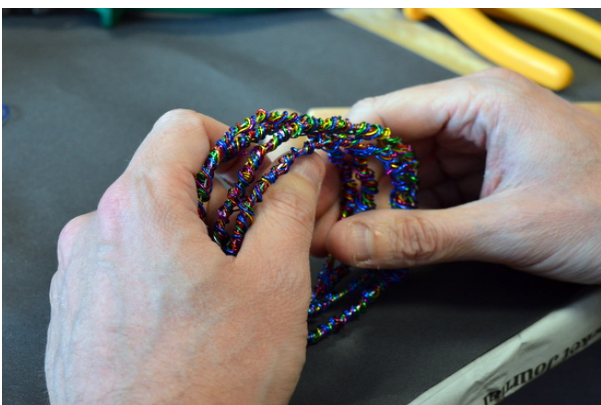
# Aspire to Create: Inspired by Nature & Empowered by Creativity – Red to Green

## One: Casting



Exploring mark making into wet clay, mould making, mixing and pouring plaster

## Two: Patterns in Nature, Line and Wire



Using drawing to look at designs and patterns in nature to inspire the

## creation of wire sculpture

### Three: Taking Rubbings and Making Compositions



## Recording the surrounding world by taking rubbings

### Four: Block Printing



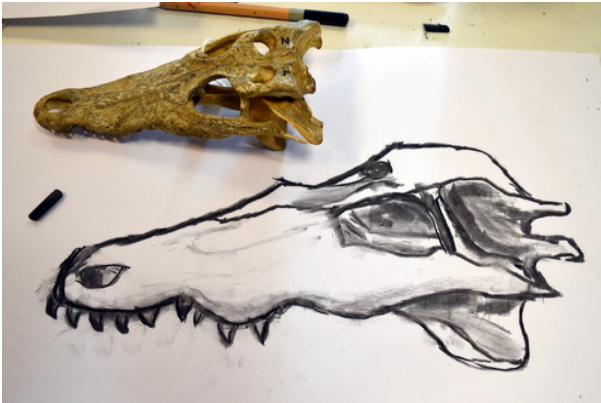
## Learners are introduced to block printing

### Five: Monoprinting



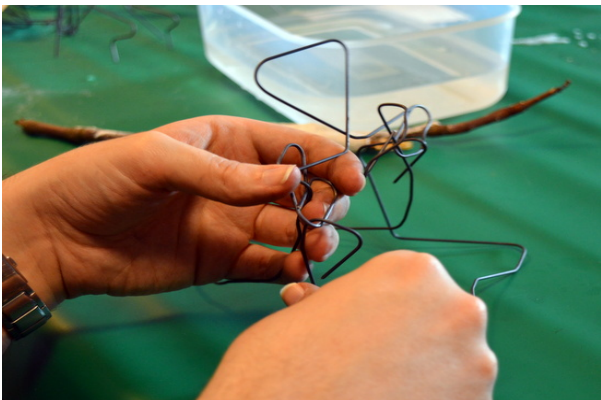
## Exploring texture, pattern and mark making through monoprinting

### **Six: Steps to Observational Drawing**



## Four steps to enabling observational drawing

### **Seven: Making Sculpture**



## Learners explore sculptural principles of form, space and balance

### **Eight: Wax Resist and Scraffito**



## Introducing colour with wax resist and scraffito techniques



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## **Show Me The Shadows**

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# Chimera – A Drawing Workshop with Eleanor Somerset

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Visual Arts Planning Collections:  
Literacy



Wax Resist with Coloured Inks and  
Sgraffito on Foamboard



**Chimera Drawings into Beautiful Terracotta Tiles**



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**Recording & Communicating**

# **through Narrative with Degree Level Contemporary Craft Students by Vanessa Marr**

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## **In-Depth Drawing Experience for Teenagers by Betsy Dadd**

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## **Using a Folded Sketchbook to Get Drawing!**

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## **Experimental Drawing – Process over Outcome**

Artist and facilitator Sharon Kelly shares an inspirational mark-making workshop in which participants are encouraged to take risks in their work.

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# Drawing Materials Sample Cards

Drawing project to create sample drawing material cards which can be used for future reference and inspiration. [Full AccessArt Members Only](#)

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## Teenagers Explore Expressive Drawing with Charcoal and Soft Pastels

Students intuitively respond to marks, allowing forms and rhythmic lines to emerge. [Full AccessArt Members Only](#)

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## Drawing Stories: Illustrations by Children

Using small toys, charcoal and text to create drawings rich in narrative. [Full AccessArt Members Only](#)

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# Drawing Skulls in Candle Light

Teenagers learn about chiaroscuro drawing zoological skulls, on loan from University Museum of Zoology, Cambridge, illuminated by candle light. [Full AccessArt Members Only](#)

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## Discovering Charcoal – Warm-Up Exercise for Children

Drawing exercise for children focussing around 9 actions of using charcoal/chalk. [Full AccessArt Members Only](#)

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## Drawing by Torchlight

How drawing with charcoal can torchlight can produce dramatic, atmospheric illustrations! [Full AccessArt Members Only](#)

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## Dressing Up as Fossils!

Fun and active drawing session with primary aged children, exploring mark making on fabric. [Full AccessArt Members Only](#)

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# Drawing Shells Big in Charcoal

A step by step approach to help teenagers draw shells in charcoal. [Full AccessArt Members Only](#)