

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](#)

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

Sketchbook Exercise: Drawing Brushes with Charcoal

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.

Drawing Flames

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

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.

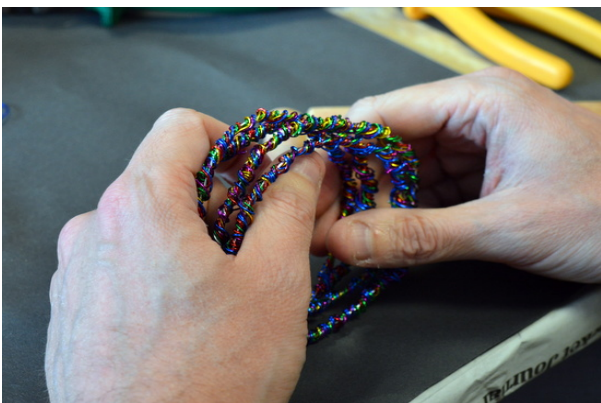
Aspire to Create: Inspired by Nature & Empowered by Creativity – Red to Green

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



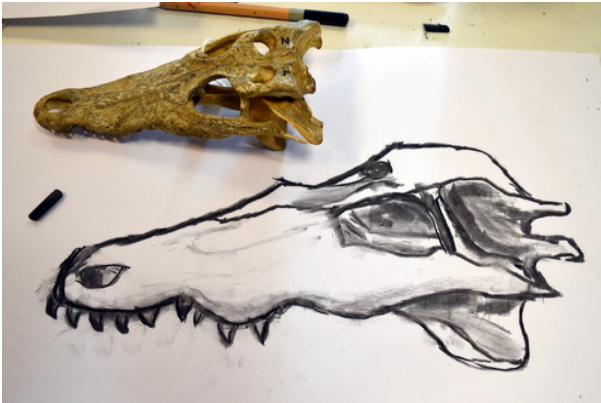
Learners are introduced to block printing

Five: Monoprinting



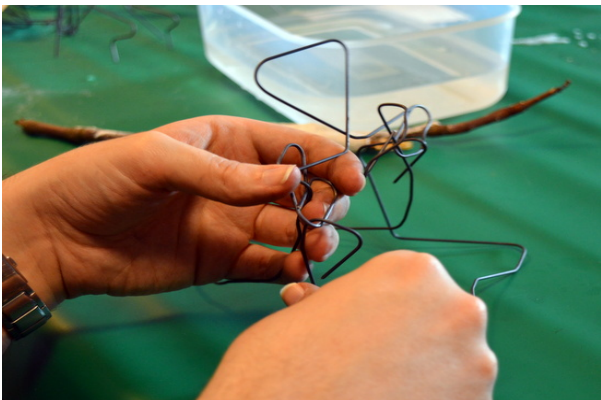
Exploring texture, pattern and mark making through monoprinting

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



Show Me The Shadows

Chimera – A Drawing Workshop with Eleanor Somerset

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through Narrative with Degree Level Contemporary Craft Students by Vanessa Marr

In-Depth Drawing Experience for Teenagers by Betsy Dadd

Using a Folded Sketchbook to Get Drawing!

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.

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](#)

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](#)

Drawing Stories: Illustrations by Children

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

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](#)

Discovering Charcoal – Warm-Up Exercise for Children

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

Drawing by Torchlight

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

Dressing Up as Fossils!

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