

# 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](#)

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## ***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.

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*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.*

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

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# **Teachers Play with Plasticine to Make Prints in the Education Room at the Fitzwilliam Museum, Cambridge**

This post follows on from [Gathering Marks and Tearing Paper to Appreciate Prints by Goya, Turner and Cornelius at the Fitzwilliam Museum, Cambridge](#) and [Monoprinting Inspired by Goya, Turner and Cornelius in the Education Room](#), and shows how teachers used Plasticine to print textures. The session was facilitated by Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge.

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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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# **Making Sculptural Interpretations of 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, enabled teachers to explore making three dimensional interpretations of two dimensional 18th Century portraits.

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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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# **Making Sketchbooks 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 make sketchbooks and explore them as a physical space to connect and collect ideas and observations from museum collections.

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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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## **Making Giant Withie Lanterns**

With 'festivals of lights' in November and December, teenagers at AccessArt's Experimental Drawing class had a fun time constructing giant lanterns out of withies and wet-strength tissue paper.

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## **Filling a Sketchbook: Ruler Drawings**

### **You May Also Like...**

**Pathway: Exploring Form Through Drawing**

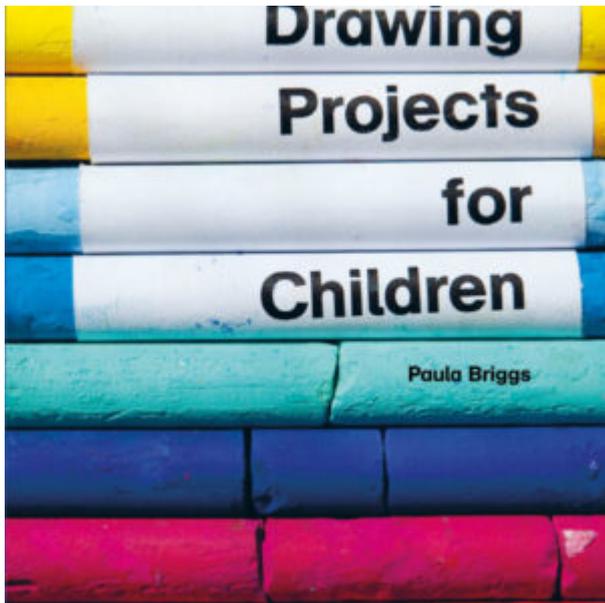


[This is featured in the 'Exploring Form Through Drawing' pathway](#)

**The drawing journey**



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



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## **Collage and Construction**

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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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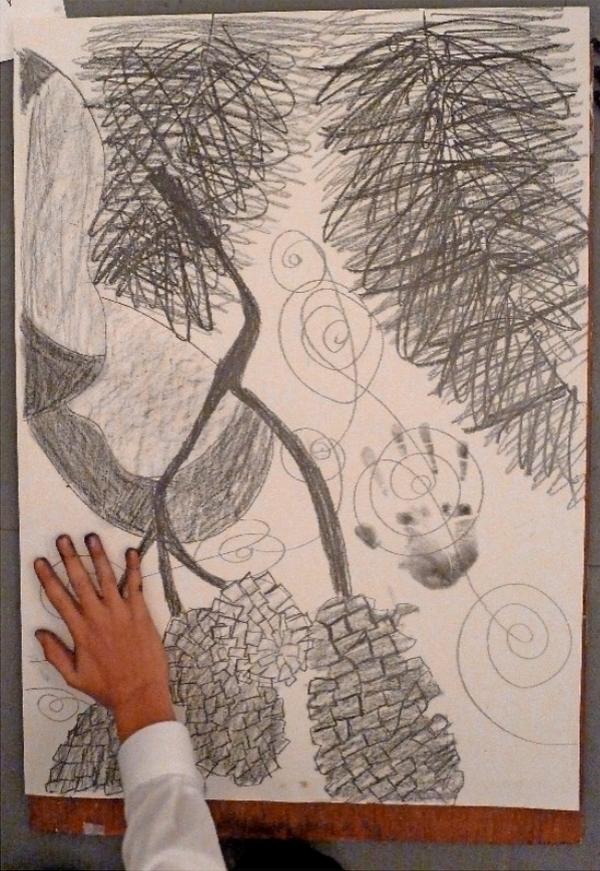
## Teenagers Use Touch to Draw and Explore Small Objects

“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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## **Feeling Our Way Around Wool**

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**Time to Introduce Ourselves –  
Initial Sculpture!**

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# **Marbling for Surface Design by Ruth Purdy**

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# **Early Primary Sketchbook Exploration**

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# **Doodling with Stuff**

Paula Briggs shows how to create a safe environment for pupils to explore a range of materials which they would be able to manipulate and transform.