

Be Inspired to Inspire

By [Sheila Ceccarelli](#)

Do you ever feel as a creative facilitator you, yourself need to be filled, and that teaching just can't go on until your batteries have been recharged and creative spirit reenergised?

That's how I was feeling last Tuesday, before my Experimental Drawing Class, so decided, after seeing a friend's posting on Facebook about forest bluebells in bloom, that instead of spending my morning planning indoors, I'd go out for a walk and find some inspiration for my students and myself outside.



Bluebell forest

The bluebell forest was overwhelmingly beautiful and I did feel inspired, though I still did not know how that would translate back in the studio with my students.

I have a class full of builders who love to construct, and

enjoy working big, so remembering some black sugar paper and work by [Rebecca Hoyes](#), I set students the challenge of transforming the studio into their own bluebell forest.

This was a quick and energetic session whereby teenagers transformed the studio into a forest in just an hour!



Bluebell forest by teenagers at AccessArt's Experimental Drawing Class

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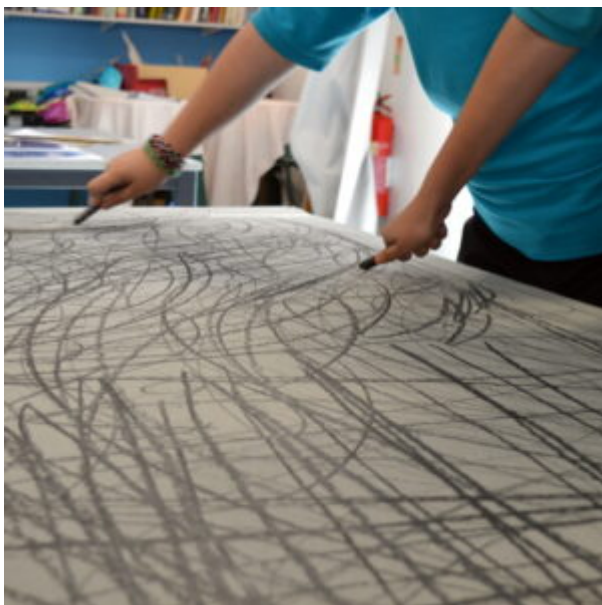
“Heart-Work” an Arts and Wellbeing Project for Young

People

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



Arts and Minds: A 'Heart-Work' Conversation



Arts and Minds: Asemic Writing and Invented Text



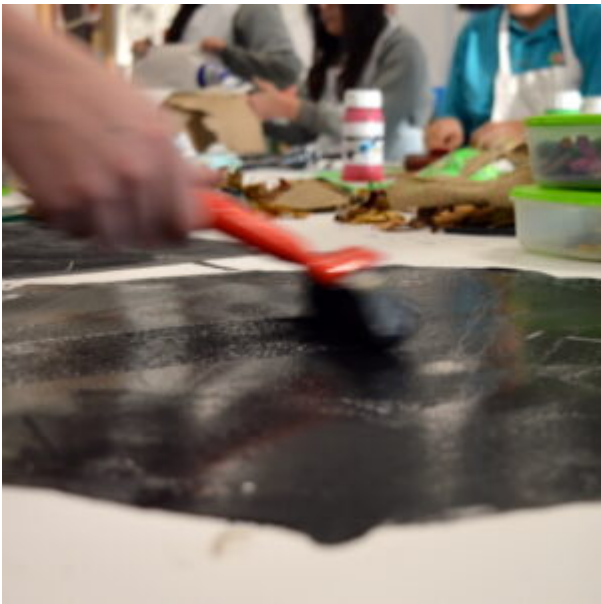
Feeling Through Drawing



Drawing for Mindfulness



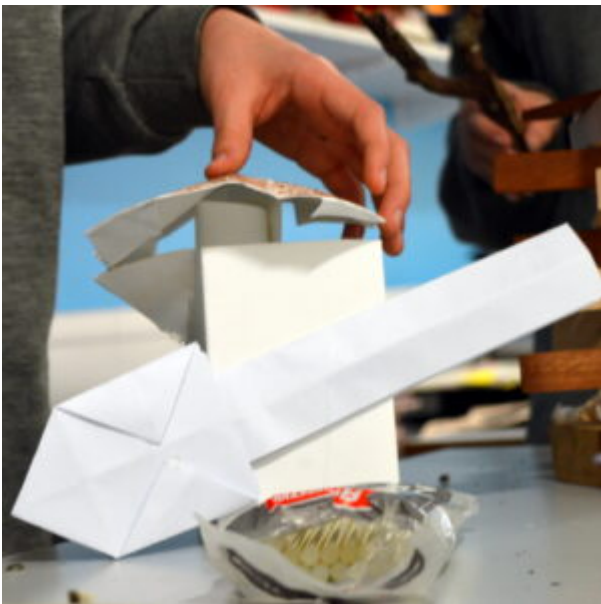
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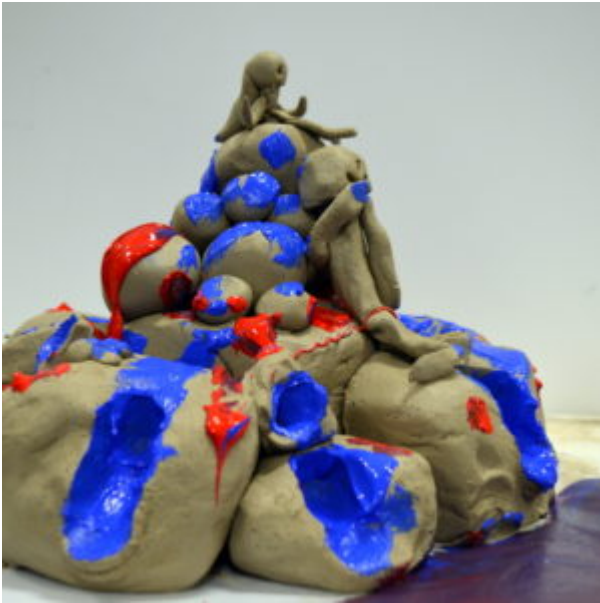
Constructing the World with Collage



Building to the Limit



Manipulating Clay with Water



Drawing Into Space with Melissa Pierce Murray

In this session, artist Melissa Pierce Murray invited students to create three-dimensional drawings from tape, string and paper, using the entire room as our canvas.

Inky Objects with Melissa Pierce Murray

In this workshop I introduced the idea of thinking of the piece of paper as an object to shape, rather than a picture plane to fill.

Questioning the Canvas

Decorative Eggs

A project based on Ukrainian Pysanky eggs using broken beads.

Teenagers Paint a Canvas with Scolaquip

Make a Stitched Drawing of a House in an Hour

AccessArt helps teachers at

Belvue School to get ready for a Drawing Week

[Back to InSET & CPD](#)

Teachers Battle it Out in Conversation with Marks on Paper



Teachers embarked on an exercise whereby they made marks on paper to have a conversation with a partner. This was a playful and fun exercise and teachers very much enjoyed both the process and outcomes.

Teachers Explore Pattern, Shape & Texture with Charcoal, Graphite, Masking Tape and Pastels



This was the second session in the series and an introduction to pattern, shape and texture with charcoal and graphite, and an opportunity for teachers to break down any preconceived ideas about what drawing is and who drawing processes is for.

Play and Placement: Teachers Explore Approaches to Drawing



This was the third and final session in the series, and an opportunity to play with creative mark-making and explore context and placement as an introduction to larger scale drawing and concepts around installation art.

UK Charity AccessArt welcomes artists, educators, teachers and parents both in the UK and overseas.

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Teachers Battle it Out in Conversation with Marks on Paper

After a series of warm up exercises which introduced drawing through feel, teachers embarked on an exercise whereby they made marks on paper to have a conversation with a partner.

“Heart-Work” – A series of ‘Arts on Prescription’ style workshops for young people at

Cambourne Village College with Arts and Minds; Led by Sheila Ceccarelli (Artist) and Yael Pilowsky Bankirer (Psychotherapist)

This series of workshops with students at Cambourne Village College was part of the 'Young People's Pilot', coordinated and managed Arts and Minds, a leading arts and mental health charity in Cambridgeshire. The sessions were led by Sheila Ceccarelli from AccessArt (artist) and Yael Pilowsky Bankirer (Psychotherapist)

Arts and Minds: Constructing the World with Collage

Arts and Minds: Asemic Writing and Invented Text

Arts and Minds: A ‘Heart-Work’ Conversation

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.

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.

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

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.