

# 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: Asemic Writing and Invented Text**

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# **Arts and Minds: A ‘Heart-Work’ Conversation**

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

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**Lights | Camera | Action | we  
all love glow-in-the-dark  
tape! By Sara Dudman**

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**The August Creative Challenge  
Gallery – Week Four**

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**Tie Dye**

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**Block printing: Creating  
repeat patterns using letters  
with Andy McKenzie**

Teenagers from AccessArt's Experimental Drawing Class worked with artist Andy McKenzie to create repeat patterns of letters.

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# Our River – Year Five Pupils Build a Communal Drawing in Four Steps

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## Year Three Pupils Explore Stencils, Composition and Expressive Mark Making with Oil Pastels

### You May Also Like...

Pathway: working with shape and colour



This is featured in the 'Working with Shape and Colour' pathway

**Talking Points: Henri Matisse Cut Outs**



**Talking Points: Romare Bearden**

**...What I** have tried  
to do in my collages is  
bring the Afro American  
experience into art and  
**GIVE IT A  
UNIVERSAL  
DIMENSION.**

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# **Teachers Make Mark Making Tools and 'Battle it Out' with Ink on a Spring InSET Day**

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## **Following on Screen Printing with Andy Mckenzie**

Following Andy's Introduction to Screen Printing, teenagers worked during an 1 1/4 hour long session to build images printing over the previous week's work.

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## **Introducing Screen Printing with Andy Mckenzie**

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|                |             |                |
|----------------|-------------|----------------|
| <b>Rowan :</b> | <b>Clay</b> | <b>Coiling</b> |
|----------------|-------------|----------------|

# **Techniques to Make Penguins, Tweety Pie and a Dalek too!**

Artist led facilitation in a setting for adults with learning disabilities; Abi, Sarah and students show how they made clay birds using clay coiling techniques and with a plaster mould for the birds' bases.

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## **Artist Studio Series: Emma Sandham King**

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## **Year 3 & 4 Making Club: Animal Parade – Week Three**

This was the third and final session in a series of 'Animal Parade' workshops for children at Making Club at Milton Road Primary School where children painted their finished masks

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## **Red to Green: Wax Resist and**

# Scraffito

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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**



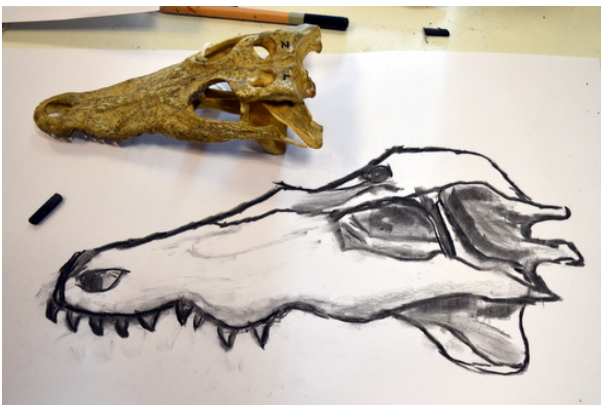
Learners are introduced to block printing

## Five: Monoprinting



Exploring texture, pattern and mark making through monoprinting

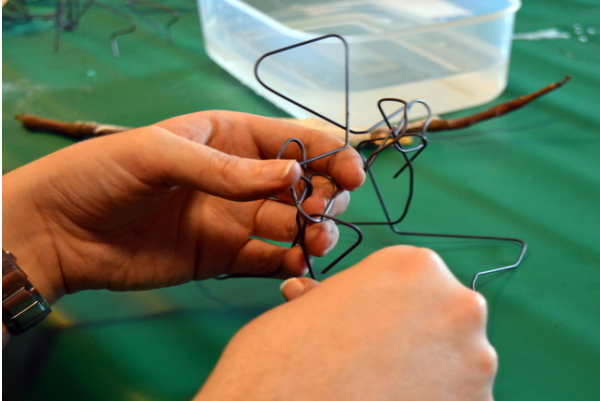
## Six: Steps to Observational Drawing





## 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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# Painting the Light and the Dark...