

Arts and Minds: Building to the Limit

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

This was the eighth 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

In this session students were given the challenge of making building blocks out of mixed media and using them to build a sculpture. They were encouraged to experiment with balancing different elements together and setting themselves the challenge of seeing how far they could build before their constructions collapsed.

	Please log in here to access full content.	
Username	<input type="text"/>	
Password	<input type="password"/>	
	<input type="button" value="Login"/>	<input checked="" type="checkbox"/> Remember me
	Forgot Password	

To access all content, I would like to join as...

An Individual



Creative practitioners, educators, teachers, parents, learners...

From £3.50

An Organisation...



Schools, Colleges, Arts Organisations: Single and Multi-Users
From £42

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.

Arts and Minds: Manipulating Clay with Water

This post shows how to facilitate a sensory session exploring water and clay.

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

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.

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.

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.

Make a Model Stitched House

Collage and Construction

Building and Drawing

Time to Introduce Ourselves – Initial Sculpture!

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.

The August Creative Challenge Gallery – Week Four

Supersized Jewellery

More Making and Drawing projects for children



[Make, Build, Create and Drawing Projects for Children, BlackDog Publishing 2015/2016](#)

Rio 2016! – Sporty / Sunbathing Dolls

Inspired by Rio 2016, the AccessArt Friday Club made dolls from modroc and wire, exploring costumes and personality!

Steampunk Robots: A Kitbash Sculpture Unit

This resource, by Esmé Dawson, shows the processes students went through to create a robot sculpture that could live in a steampunk world. The main technique used was 'kitbashing;' the art of making a sculpture by taking bits out of broken plastic toys or using found and recycled objects.

Take a Seat Gallery

Enjoy these chairs!

Brushes, Rollers and Dabbers – Year 4 Pupils Use Mixed Media to Make Mark Making Tools

to explore constructing in mixed media and using inventiveness and innovation to create painting tools, which would later be used to paint a Communal Drawing of the River.

Making Mini Food

Making mini meals from Sculpey or Fimo clay takes good eye sight and nimble fingers! Here are some tips and tricks I have learnt along the way.

Creativity Session at Spinney Primary School

Perseverance, Determination and Inventiveness: Building Nests

Year 4 pupils from Comberton Village College and Cambourne Village College feeder schools met for a Gifted and Talented Sculpture Masterclass led by AccessArt at Bourn Primary Academy. The session centred around an exploration of the materials and construction methods we might use to build inventive, sculptural nests.