

# 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](#)



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### ***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.

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

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the World with Collage**

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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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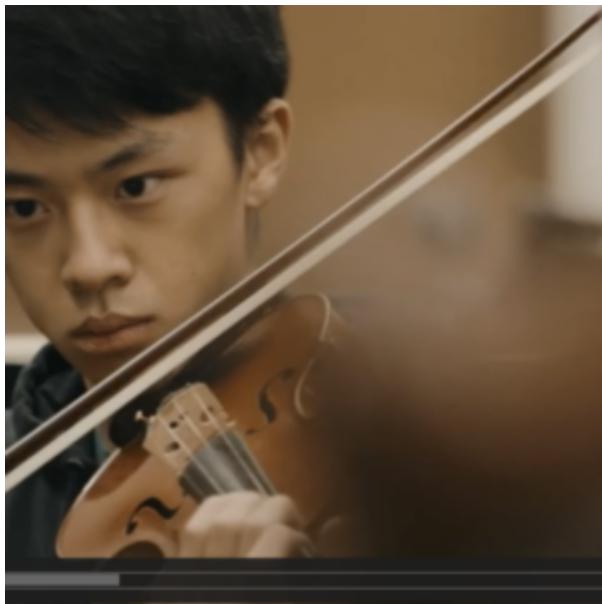


[This is featured in the 'Music and Art' pathway](#)

**talking points: wassily Kandinsky**



**drawing source material: orchestras**



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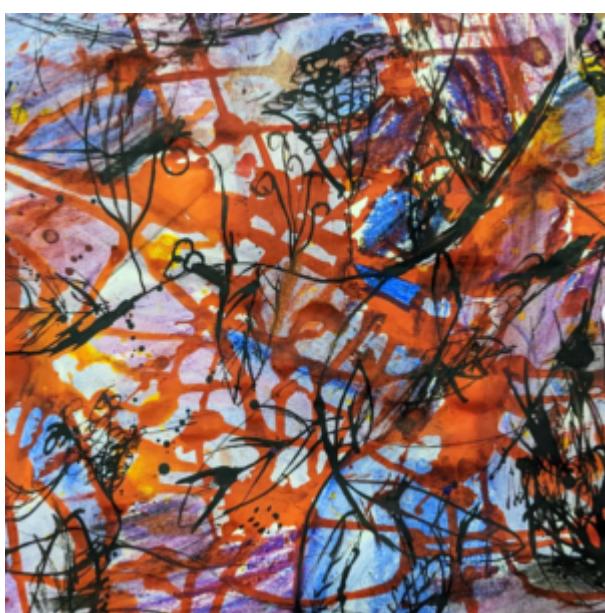
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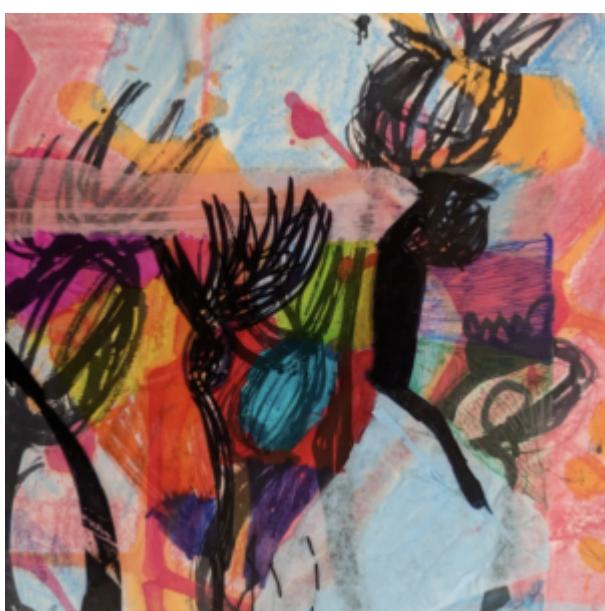
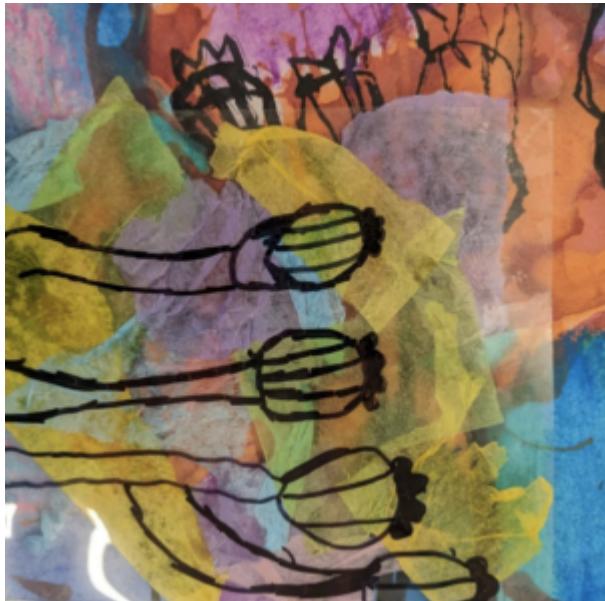
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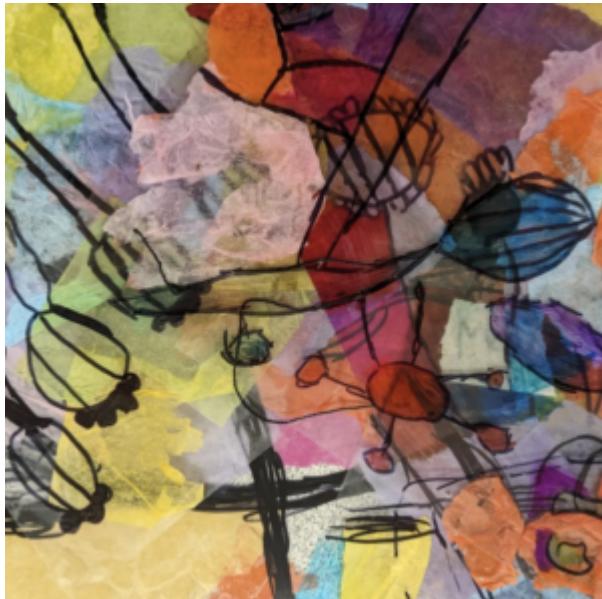
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