

# 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](#)

---

## *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.



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

**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: Feeling Through Drawing

---

# **Arts and Minds: Asemic Writing and Invented Text**

---

## **Arts and Minds: A 'Heart-Work' Conversation**

---

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

---

## **Filling a Sketchbook: Sketchbook Exercises**

**What is a Canvas?**









Inspired by the animations of William Kentridge

**Making Ruler Drawings**



Using 2 grades of pencil and only straight lines

**Drawing Brushes with Charcoal**





Using varied marks to capture the qualities of brushes

Many thanks to Pink Pig International for the sketchbooks



---

## 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**





---

## **50 Minutes Looking and Sketching Autumn Leaves**

With rich colours and shapes everywhere, a wonderful opportunity to use sketching to tune into this beautiful time of the year.

---

## **Teenagers Write A Letter, A Postcard, A Poem or A Narrative in Invented Text**

---

# What is a Canvas? Exploration Activity

---

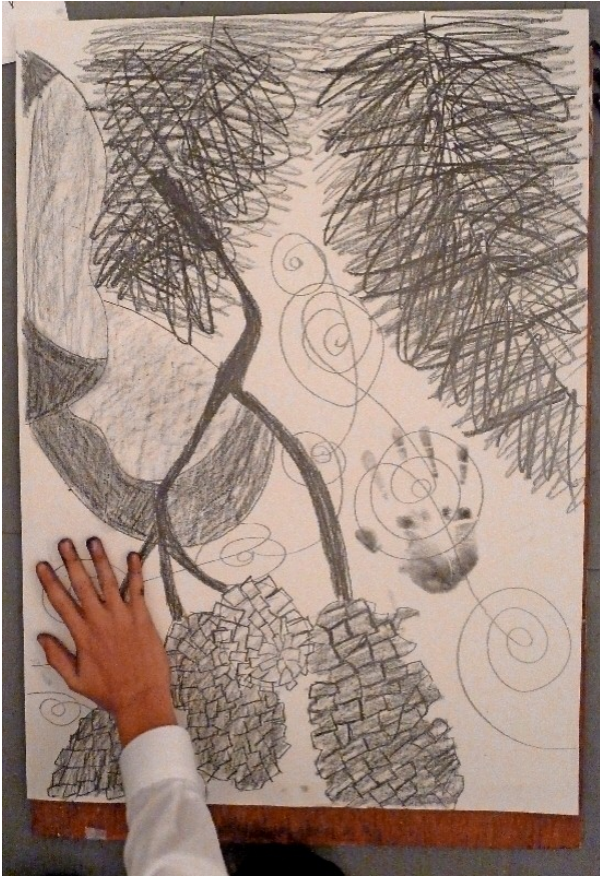
## Teenagers Use Touch to Draw and Explore Small Objects

“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

---

## Marbling for Surface Design by Ruth Purdy

---



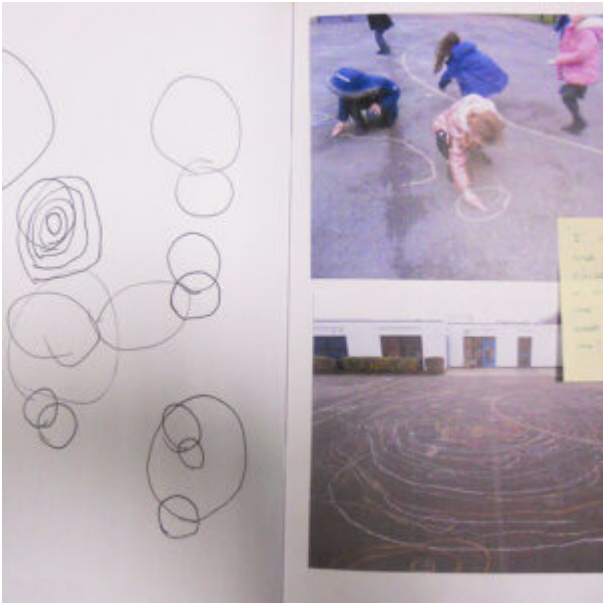
# Lights | Camera | Action | we all love glow-in-the-dark tape! By Sara Dudman

---

## Drawing Spirals

See How This Resource Is Used In Schools...











## You May Also Like...

**Pathway: Spirals**



**Featured in the 'Spirals Pathway'**

**Talking Points: Molly Hausland**



**The ancient art of kolan**



---

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

---

# **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.

---

# **Choosing, Mounting, Showing and Celebrating Art Work by Teenagers**

---

# **Inspired by Christo: Mixed Media Drawings**

---



# **Graffiti Floor – Teenagers Have a Silent Conversation with Pen and Mark**

As an adult, you must remember your teenage self and all the intensity with which life was felt?

---

## **Drawing      Space/Drawing      in Space**