

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.



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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?



Germany begins of racist Faceboo

GUY CHAZAN — BERLIN

German prosecutors are investigating senior managers of Facebook, including founder Mark Zuckerberg, over incendiary allegations as the country's authorities increase pressure on the social network to delete on racist posts.

Prosecutors in Munich launched a preliminary investigation last week after a formal complaint from Chan-jo Jun, a German lawyer who has been waging a long-running campaign against hate speech on Facebook.

Under German law, social media are obliged to delete posts that incite violence as soon as they are reported. Mr Jun claims Facebook has failed to act on dozens of examples of racist rhetoric he has passed to the company. He cites the Karina Smetanova note in reference to a family of Syrian refugees: "Pour petrol over them and set them on fire!"

A spokesman for the social network said Mr Jun's allegations "lack merit" and there was no violation of German law by Facebook or its employees.

"There is no place for hate on Facebook," the spokesman said. "We work closely with partners to fight hate speech and foster counter speech."

The investigation comes at a time of mounting concern in German political circles at the 72 per cent increase in hate speech on the German-language internet over the past year.

Germany's Nazi past — and the huge influx of refugees from the Middle East in recent months — mean the government is especially sensitive to any manifestations of violent racism.

The alarm about hate speech has combined with a growing distrust in Germany at what is seen as the unbridled market power of US technology companies such as Google and support for EU efforts to rein in the search giant.

Chancellor Angela Merkel took the German debate on the issue seriously, and

Facebook includes a glorification of its company and its products.

But Be enough. A meeting in York in September, Facebook

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TER AND national media." Daniel-Aimée Doerries, a QC and chair of the Bar Council, called it "a fairly direct attack on the judiciary and the courts" and warned that a legal system that was the "glue" of society and respected around the world was being undermined.

Lawyers and politicians demanded that Liz Truss, the justice secretary, do her duty and speak out in defence of the judiciary. "Where is Liz Truss?" asked Tim Farron, leader of the Liberal Democrats. "Her job is to uphold the rule of law and defend the judiciary and yet, she is utterly silent while judges are being attacked by some newspapers."

more than 17m voters. His tone was amiable but his message was anything but. "If Brexit doesn't happen, I firmly believe we'll see rioting on the streets."

Yet Britain's public mood was turning ugly before the June 23 vote. In one narrow sample of fear and anger, a Remain supporter in south Wales recalled opting not to post a pro-EU sign on his property for fear his house would be attacked with eggs. A Brexiter in the same community accused authorities of trying to

'I have never seen this kind of invective'

won a scholarship to study in Dorset six years ago and now works at the Open Data Institute in London.

"It was always my plan to go back to Poland but I feel like Brexit may have made the decision faster and easier."

Critics of Mrs May also point to her speech to the Conservative party conference in October, in which she said those arguing that the Article 50 break-up provision could only be triggered after agreement in both houses of parliament were "insulting the intelligence of the British people".

Making drawings which compete with the background

Making a Charcoal Animation



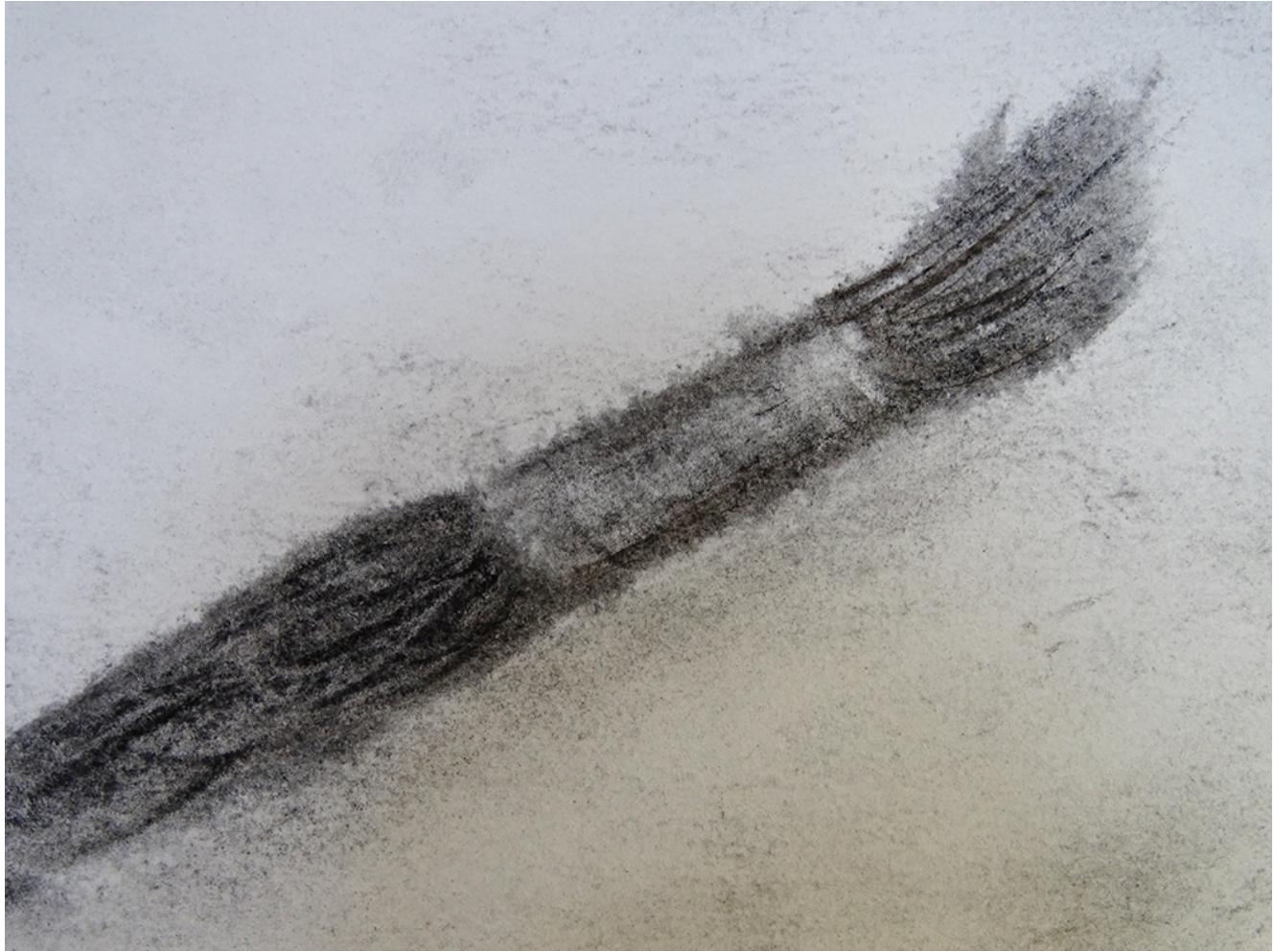
[Inspired by the animations of William Kentridge](#)

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

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Pathway: Exploring Form Through Drawing

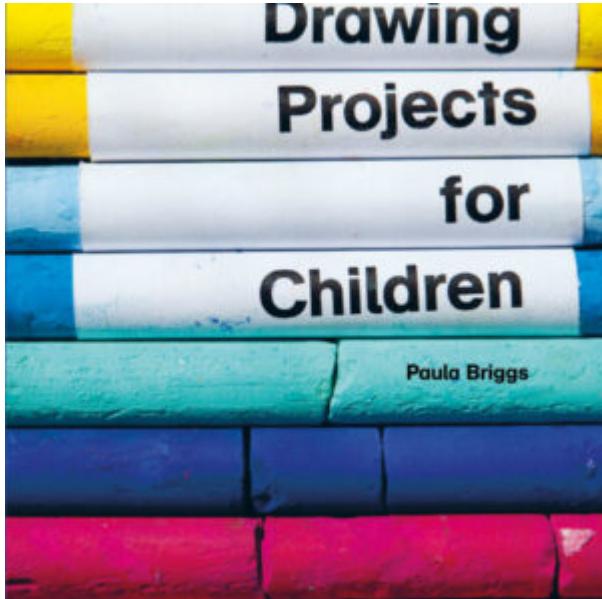


This is featured in the 'Exploring Form Through Drawing' pathway

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

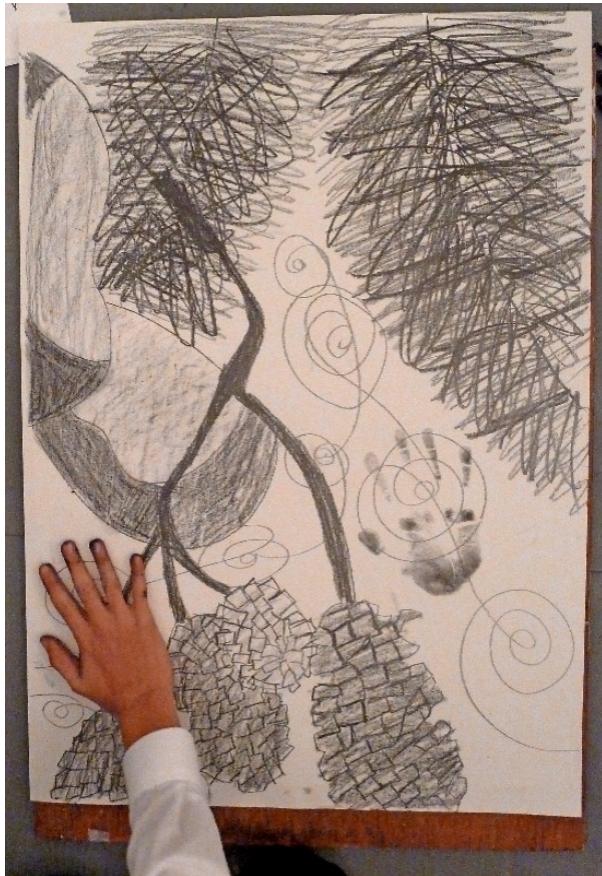
Teenagers Use Touch to Draw and Explore Small Objects

“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

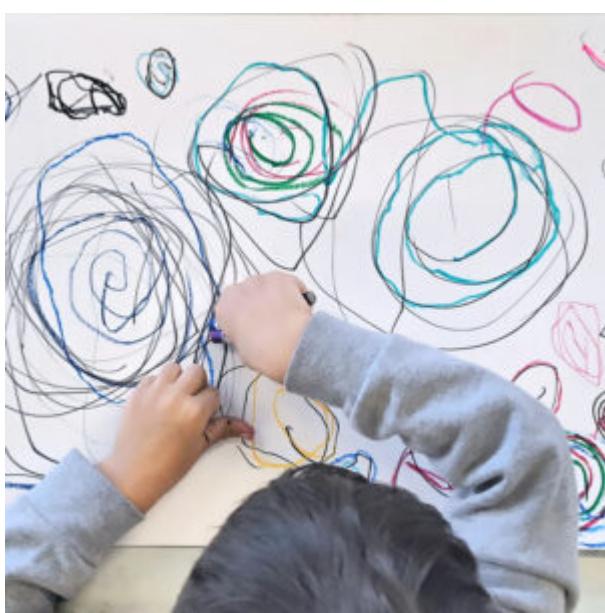
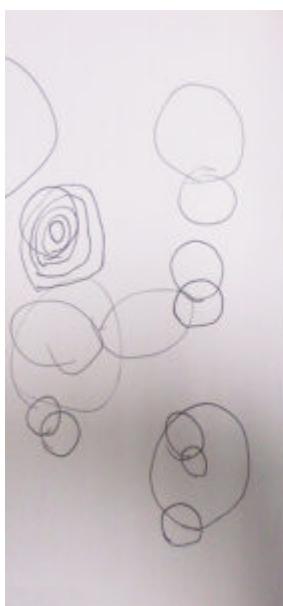
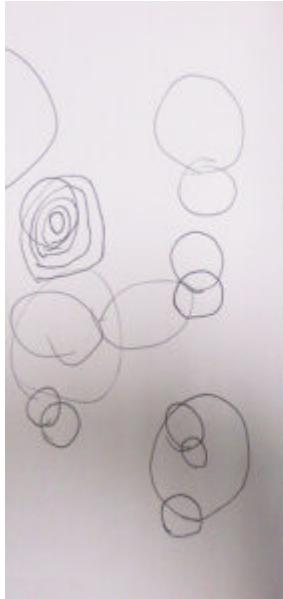
Marbling for Surface Design by Ruth Purdy

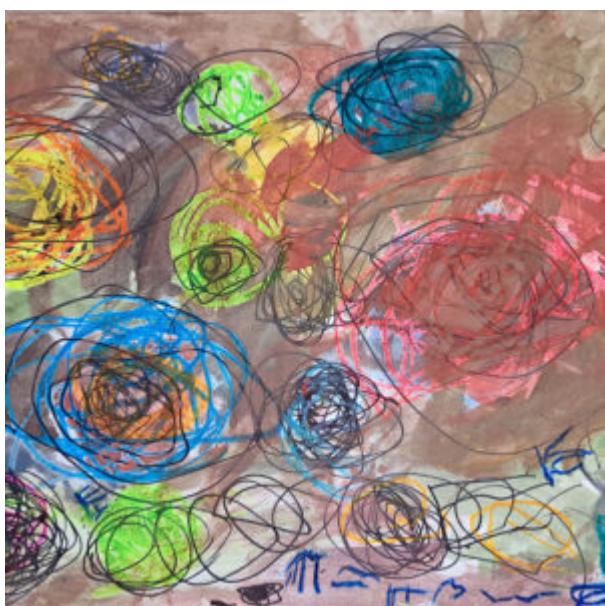
**Lights | Camera | Action | we
all love glow-in-the-dark
tape! By Sara Dudman**

Drawing Spirals

**See How This Resource Is Used
In Schools...**









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Pathway: Spirals

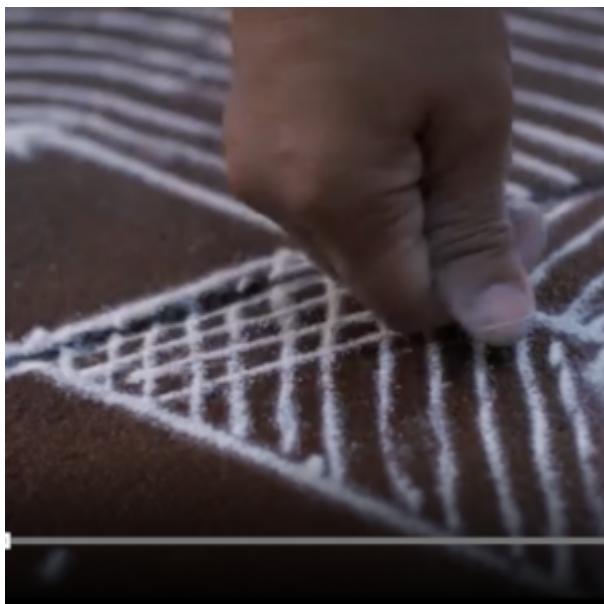


Featured in the 'Spirals Pathway'

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