

Arts and Minds: Expressive Monoprinting on a Big Scale

Session led by [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

This was the sixth 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 past sessions the young people have loved any opportunity to work expressively and with an abundance of materials, so I thought that the chance to roll printing ink and acrylic paint directly onto the table (protected with heavy duty plasticised paper) and monoprinting inspired by drawing leaves the week before, would be fun.

Also in the previous week students had enjoyed drawing leaves and some had started taking prints from them as a part of their process. This session followed on nicely from that idea.

Working on this scale was exciting. As always the session was time limited but that also meant that a huge amount of energy was created in the room which led to creative, open, experimental and unexpected outcomes.



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Arts and Minds: Drawing for Mindfulness

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

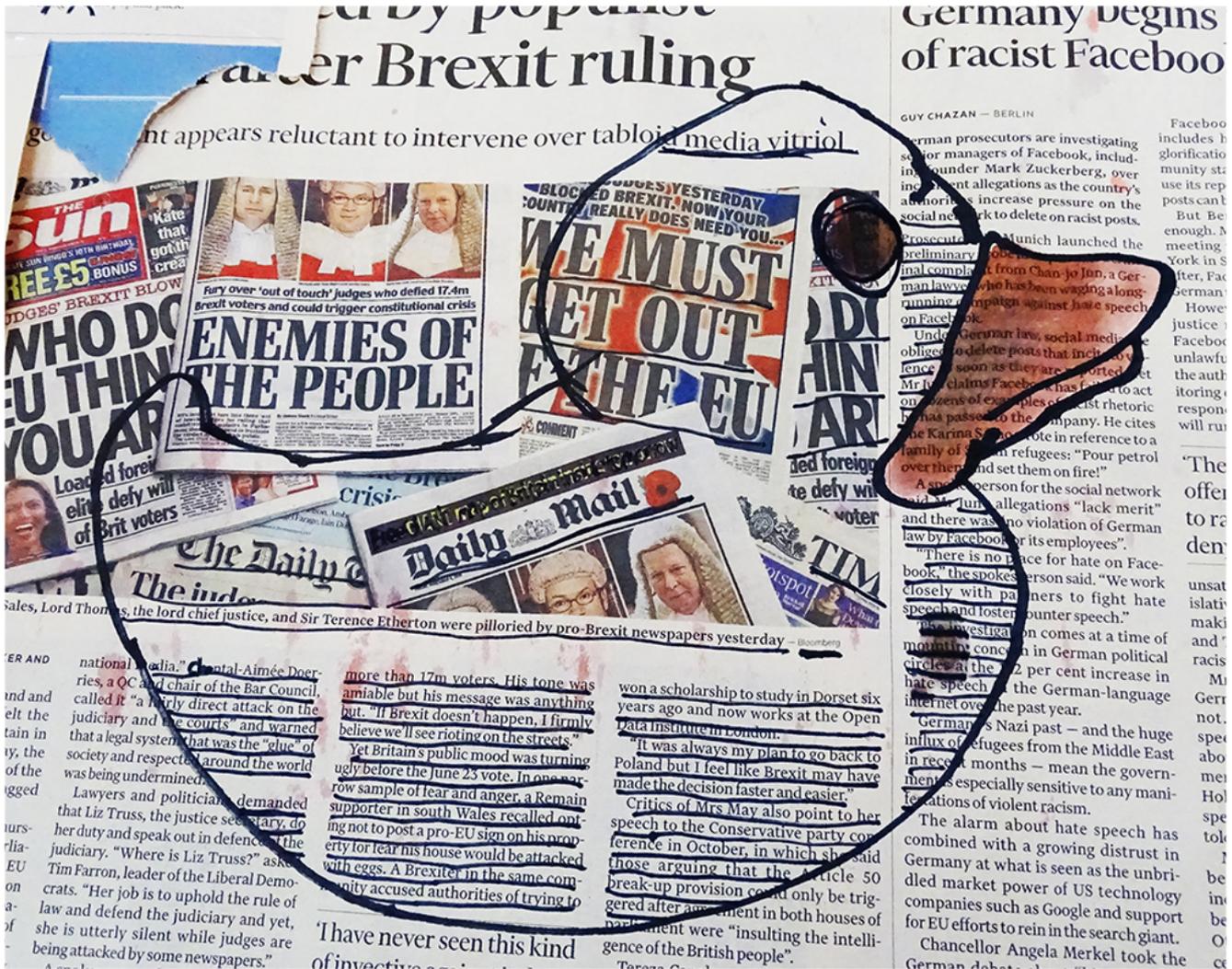
**Arts and Minds: A 'Heart-
Work' Conversation**

**Sketchbook Exercise: Drawing
Brushes with Charcoal**

Filling a Sketchbook:

Sketchbook Exercises

What is a Canvas?



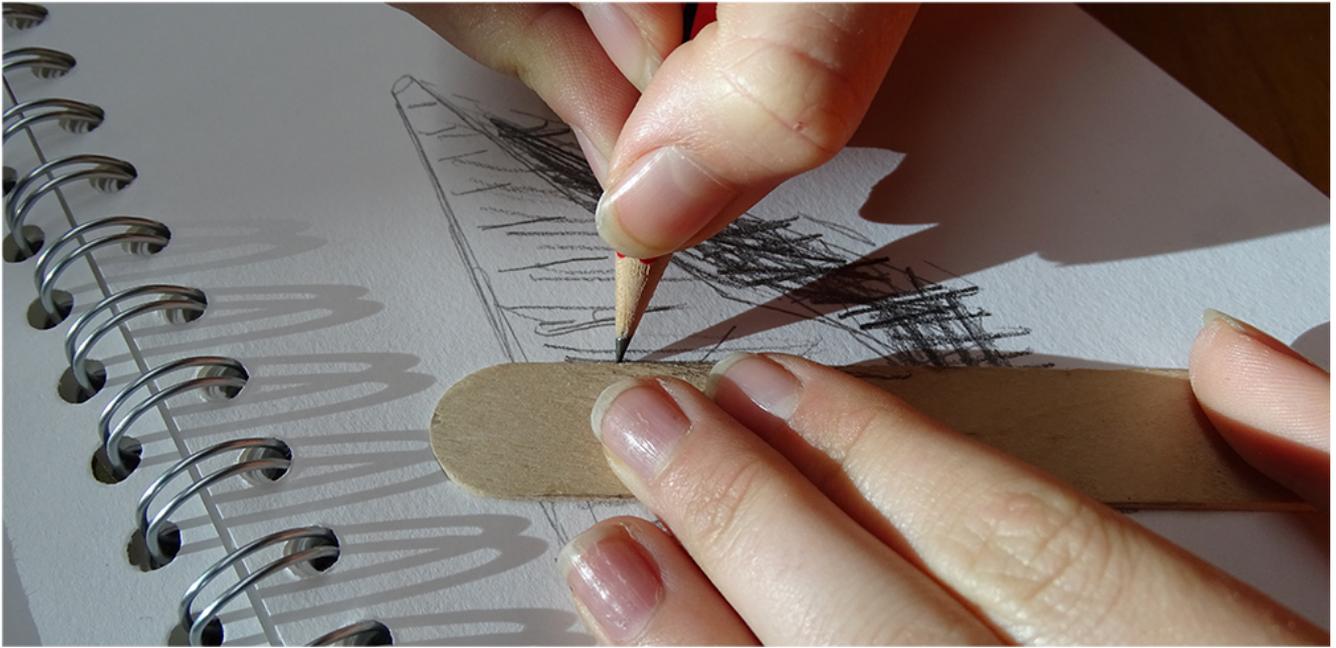
Making drawings which compete with the background

Making a Charcoal Animation



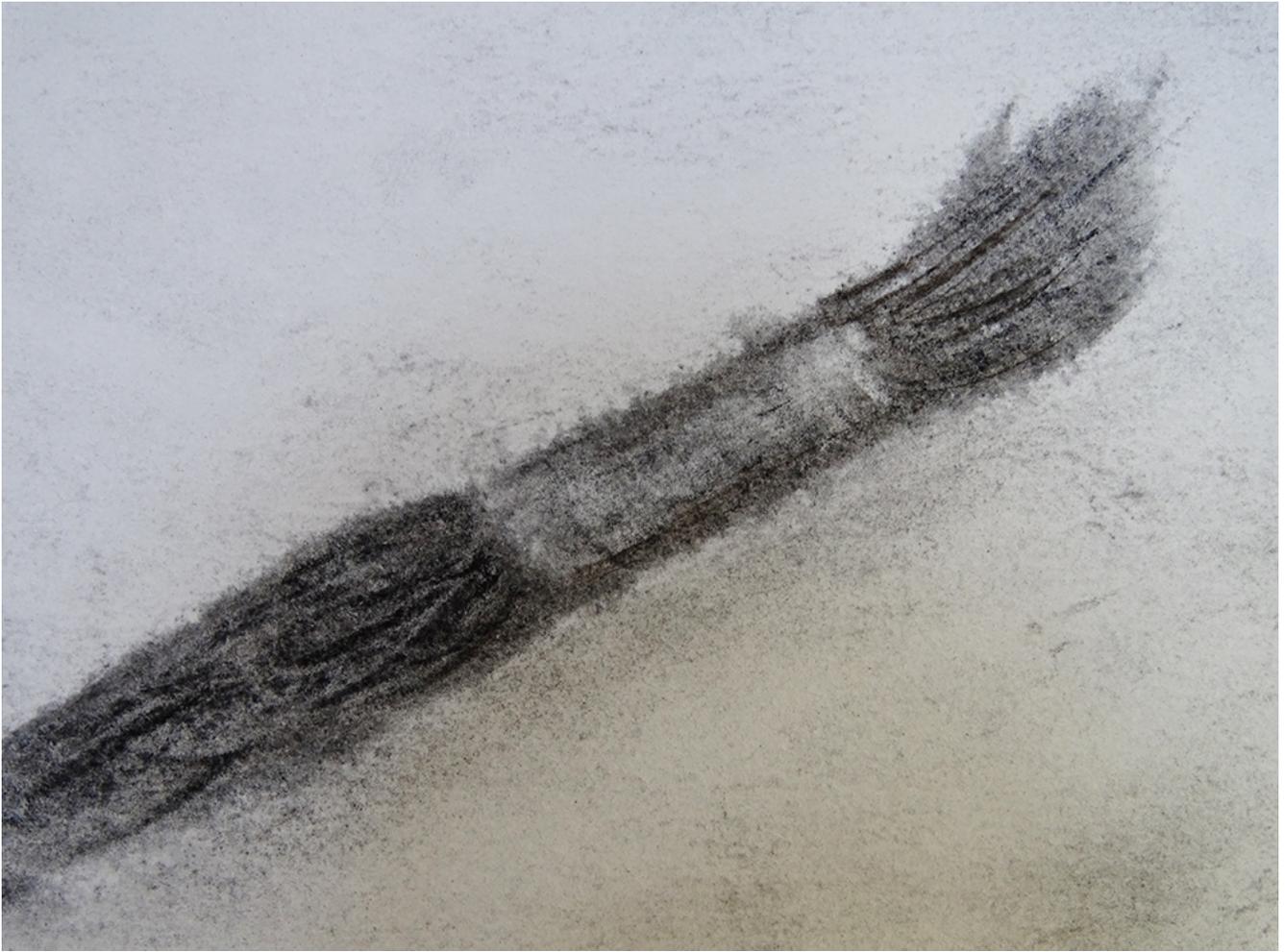
Inspired by the animations of William Kentridge

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

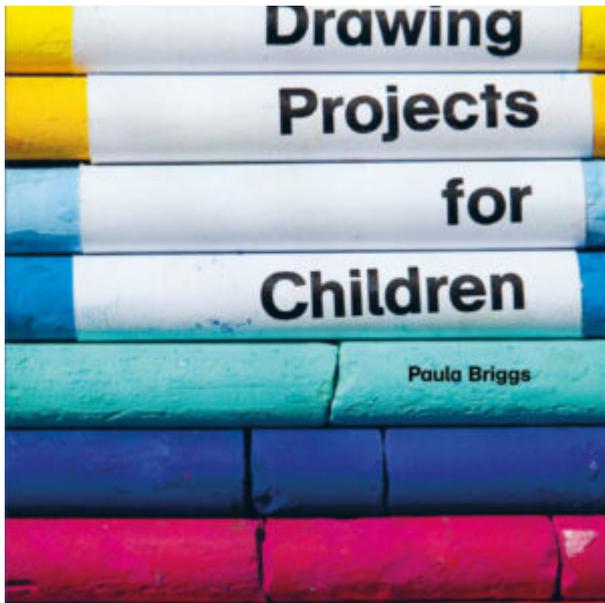


[This is featured in the 'Exploring Form Through Drawing' pathway](#)

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

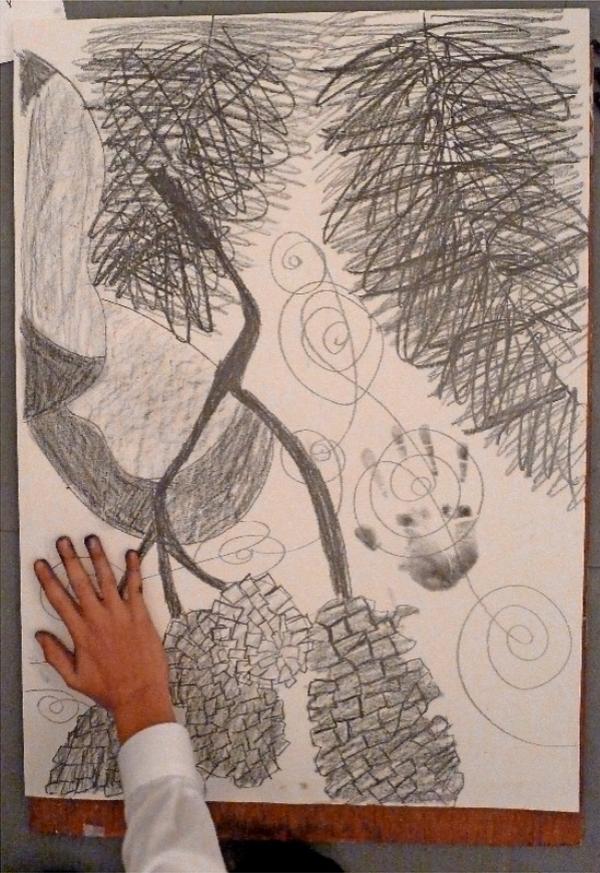
Teenagers Use Touch to Draw and Explore Small Objects

“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
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[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?