

# Be Inspired to Inspire

By [Sheila Ceccarelli](#)

Do you ever feel as a creative facilitator you, yourself need to be filled, and that teaching just can't go on until your batteries have been recharged and creative spirit reenergised?

That's how I was feeling last Tuesday, before my Experimental Drawing Class, so decided, after seeing a friend's posting on Facebook about forest bluebells in bloom, that instead of spending my morning planning indoors, I'd go out for a walk and find some inspiration for my students and myself outside.



Bluebell forest

The bluebell forest was overwhelmingly beautiful and I did feel inspired, though I still did not know how that would translate back in the studio with my students.

I have a class full of builders who love to construct, and

enjoy working big, so remembering some black sugar paper and work by [Rebecca Hoyes](#), I set students the challenge of transforming the studio into their own bluebell forest.

This was a quick and energetic session whereby teenagers transformed the studio into a forest in just an hour!



Bluebell forest by teenagers at AccessArt's Experimental Drawing Class

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# **“Heart-Work” an Arts and Wellbeing Project for Young People**

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



**Arts and Minds: A ‘Heart-Work’ Conversation**



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

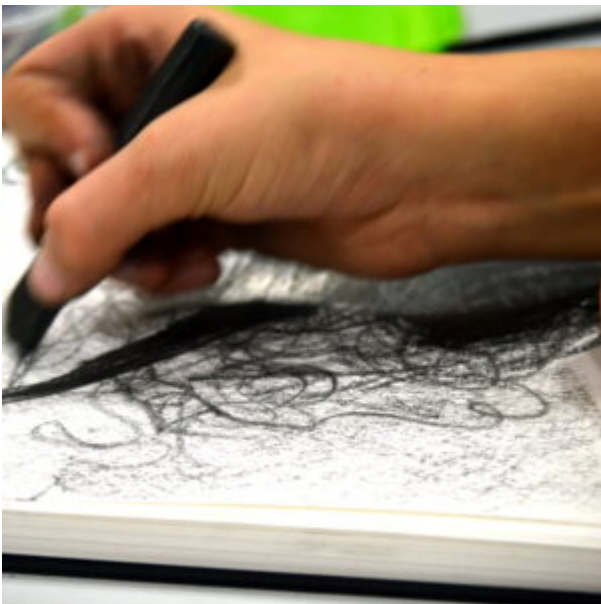


## **Feeling Through Drawing**





## **Drawing for Mindfulness**



## **Arts and Minds: Expressive Monoprinting on a Big Scale**

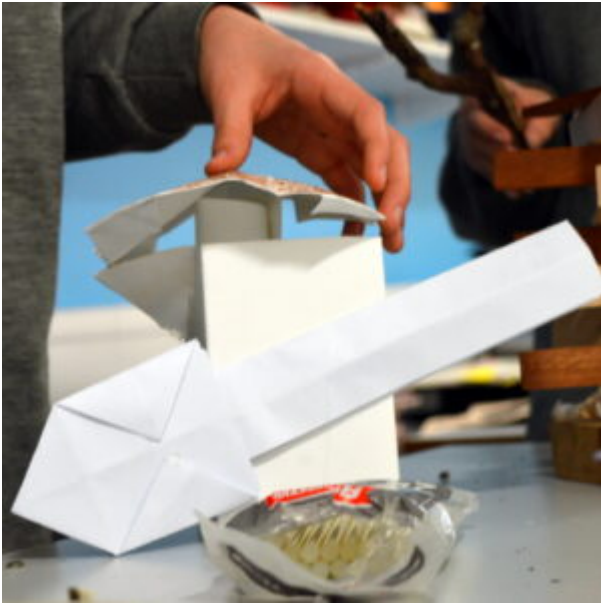


## Constructing the World with Collage

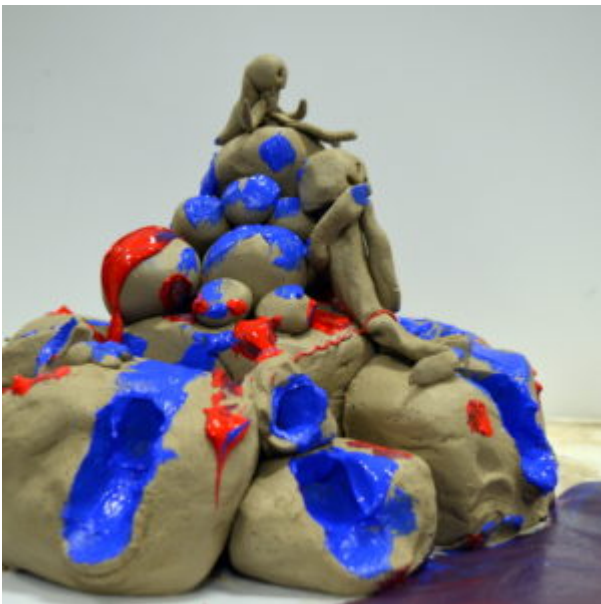


## Building to the Limit





**Manipulating Clay with Water**



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**Landscape Painting:**  
**Expressive Mark Making**

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## **Quick Guide to Mixing Plaster**

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## **Inky Objects with Melissa Pierce Murray**

In this workshop I introduced the idea of thinking of the piece of paper as an object to shape, rather than a picture plane to fill.

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## **Questioning the Canvas**

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## **Animating with Charcoal**

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## **Decorative Eggs**

A project based on Ukrainian Pysanky eggs using broken beads.

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# **Landscape Painting: Plein Air Painting**

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# **Drawing with Objects by Melissa Pierce Murray**

Teenagers explore ideas of placement with artist Melissa P Murray by arranging or assembling objects to make compositions or maquettes.

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# **Making Elastic Band Sketchbooks with Pupils at Philip Southcote School**

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# **Teenagers Paint a Canvas with**



# **Scolaquip**

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## **Landscape Painting: Colour in the Landscape**

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## **Using Mobile Phones to Make Animated Films**

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## **Make a Stitched Drawing of a House in an Hour**

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## **Mural and Workshop Project at Chesterton Community College**

# **in Collaboration with Jon Bates from Blight Society**

This project started out as getting Blight Society back to Chesterton Community College, Cambridge to do a mural

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## **Making Paper Masks for Carnival and Mardi Gras**

Making a Carnival Mask with the help of an AccessArt Template.

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## **Teenagers Experiment with Glow in the Dark Paint and Rice with Artist Melissa Pierce Murray**

teenagers at AccessArt's Experimental Drawing Class, I brought in UV reactive paint and markers, and surprised students by turning off the lights and shining a UV torch on the palates.

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# **InSET Day at Welland Academy: Exploring Printmaking Processes**

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**Aluminium Foil Printing by  
Paul Carney**