

“Heart-Work” – A series of ‘Arts on Prescription’ style workshops for young people at Cambourne Village College with Arts and Minds; Led by Sheila Ceccarelli (Artist) and Yael Pilowsky Bankirer (Psychotherapist)

This series of workshops with students at Cambourne Village College was part of the ‘Young People’s Pilot’, coordinated and managed Arts and Minds, a leading arts and mental health charity in Cambridgeshire. The sessions were led by Sheila Ceccarelli from AccessArt (artist) and Yael Pilowsky Bankirer (Psychotherapist)

Landscape Painting: Tone in the Landscape

Landscape Painting: A Collection of Resources by Hester Berry

Introduction to Landscape by Hester Berry



[This introduction to landscape painting is an exercise in looking and discovering, browsing and daydreaming.](#)

Landscape Painting: Tone in the Landscape



In this post Hester Berry explores tone as a crucial aspect of landscape drawing and painting.

Landscape Painting: Plein Air Painting



Plein Air painting is the practice of painting outside, normally in front of one's subject.

Landscape Painting: Colour in the Landscape



Hester Berry shows how working with colour can be broken down, simplified and approached in a pragmatic way.

landscape Painting: Expressive mark Making



Practice and hone technical skills, use of tone and colour, observation and time spent in the landscape.

Arts and Minds: Building to the Limit

Arts and Minds: Manipulating Clay with Water

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

Arts and Minds: Constructing the World with Collage

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

**Arts and Minds: Drawing for
Mindfulness**

**Arts and Minds: Feeling
Through Drawing**

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

Arts and Minds: A 'Heart-

Work' Conversation

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

Sketchbook Exercise: Drawing Brushes with Charcoal

Making Giant Withie Lanterns

With 'festivals of lights' in November and December, teenagers at AccessArt's Experimental Drawing class had a fun time constructing giant lanterns out of withies and wet-strength tissue paper.

Make a Model Stitched House

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

Ten Top Tips to Take Superb Pictures on Your Camera Phone **by Ruth Purdy**

What is a Canvas? Exploration Activity

**Time to Introduce Ourselves –
Initial Sculpture!**