

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



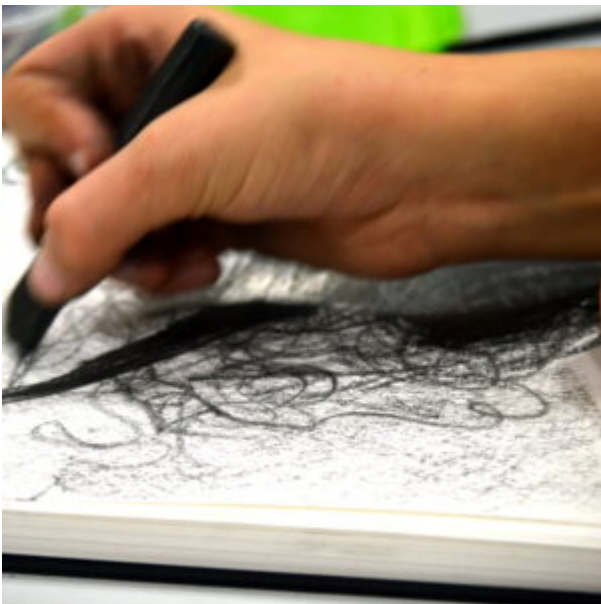
Arts and Minds: Asemic Writing and Invented Text



Feeling Through Drawing



Drawing for Mindfulness



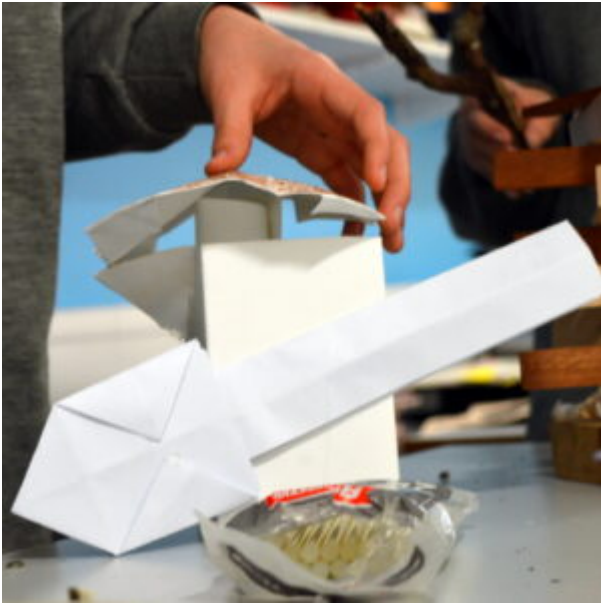
Arts and Minds: Expressive Monoprinting on a Big Scale



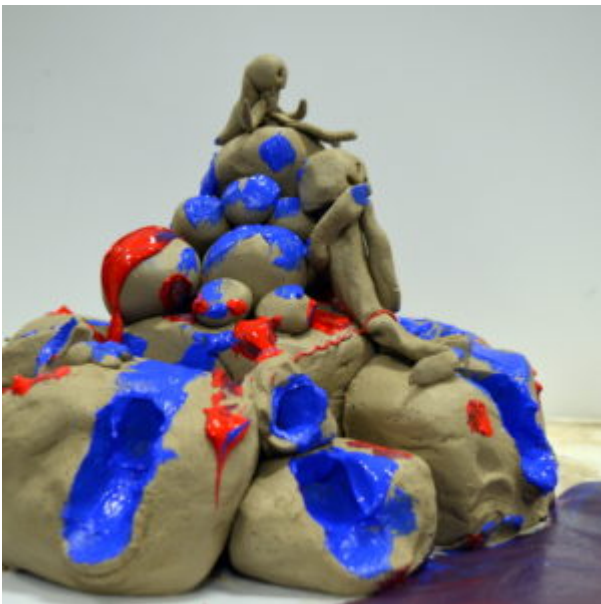
Constructing the World with Collage



Building to the Limit



Manipulating Clay with Water



**“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)

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

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?

Doppleganger Drawing

Windy Day Drawing: What was it really all about?

Teenagers Make Prompts to Overcome White Page Syndrome

Fabulously inspired teenagers at AccessArt's Experimental Drawing Class made prompts to help each other overcome the 'white page syndrome'.

Detached and Timeless Painting Workshop by Sara Dudman

A Cheerful Orchestra and Other Ideas for Drawing Music by Hannah Coulson

You May Also Like...

Pathway: Music and art



[This is featured in the 'Music and Art' pathway](#)

talking points: wassily Kandinsky



drawing source material: orchestras



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