

Arts and Minds: A 'Heart-Work' Conversation

By [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

Week two with students 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.

Teenagers were introduced to graphite, charcoal, masking tape and acrylic paint as mediums for communal expressive mark making. A collective drawing was produced, whereby students were encouraged to work in collaboration and in response to each other.

This session was also about building up a repertoire of mark making experience and a vocabulary for working together.

Three separate 'canvases' were produced by three different groups.

[Back to "Heart-Work" Arts and Wellbeing Project](#)

First Marks

Graphite, Charcoal and Masking Tape



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Sketchbook Exercise: Drawing Brushes with Charcoal

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

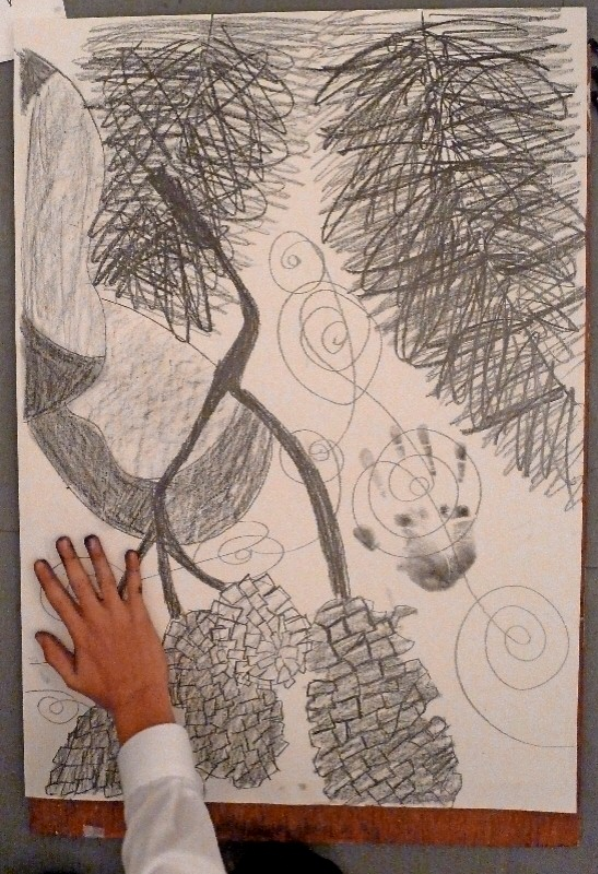
Teenagers Use Touch to Draw and Explore Small Objects

“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

Building and Drawing

Feeling Our Way Around Wool

Early Primary Sketchbook Exploration

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

Drawing with a Ruler

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Pathway: Exploring Form Through Drawing



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

Pathway: Stick Transformation project

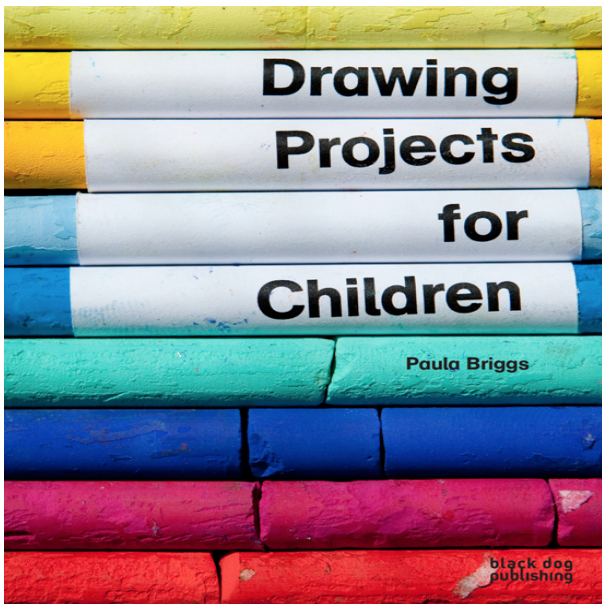


[This is featured in the 'Stick Transformation Project' pathway](#)

The drawing journey



See **Drawing Projects for Children** for more Drawing Exercises



Developing Sketchbook Work

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[Drawing Projects for Children and Make, Build, Create. Blackdog Publishing 2015/2016](#)

Drawing Outside & Never-Ending Landscapes

Year Three Pupils Explore Stencils, Composition and Expressive Mark Making with Oil Pastels

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Pathway: working with shape and colour



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Talking Points: Henri Matisse Cut Outs



Talking Points: Romare Bearden

...**What** I have tried
to do in my collages is
bring the Afro American
experience into art and
**GIVE IT A
UNIVERSAL
DIMENSION.**

**Linking Flock Together to
your Curriculum: Key Stage 1**

Using Monoprinting and Sketchbooks to Explore GCSE English Literature Poetry

A session for teenagers exploring how a hands on creative activities might engage students in their revision, and how monoprinting and sketchbook processes might aid a personal connection to the poetry text.

Playing with tape, projectors, Wicky Sticks and so much more!

Accessible approaches for collaborative drawing with visually impaired students with Sara Dudman and Debbie Locke at the Thelma Hulbert Gallery in Devon

Water and Rock: Teenagers explore building drawings with graphite and modroc

Teenagers look at pieces of chalk and flint and explore the physicality of rocks and geological processes with graphite and plaster.

Year 3 & 4 Making Club: Animal Parade – Week One

To use our Carnival Mask Template to create animal masks for an Animal Parade at the end of this half term.

Drawing Flames

Teenagers are led on several guided drawing exercises exploring mark making to the rhythm of a burning flame.