Arts and Minds: Drawing for Mindfulness

Session led by <u>Sheila Ceccarelli</u> (artist) and <u>Yael Pilowsky</u> <u>Bankirer</u> (Psychotherapist)

This was the fifth session at <u>Cambourne Village College</u> as part of the 'Young People's Pilot', coordinated and managed by <u>Arts and Minds</u>, a leading arts and mental health charity in Cambridgeshire.

Back to "Heart-Work" Arts and Wellbeing Project

Introduction by Sheila Ceccarelli

Inspired by full autumn colour and smells, I guided students on drawing exercises designed to explore drawing as a tool for seeing and being in the here and now.

This session was fifty minutes long.



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

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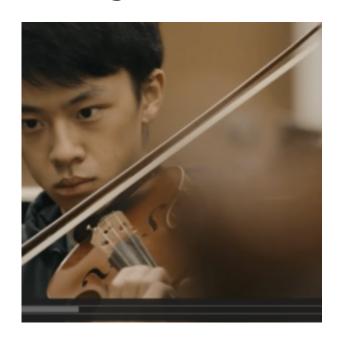


This is featured in the 'Music and Art' pathway

talking points: wassily Kandinsky



drawing source material: orchestras



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