

Gümnaasiumi valikkursuse ainekaart

Kursuse nimetus	Managing stress and emotions
Tundide aeg ja arv	Mondays, 7th/8th lesson (14.30-16.00) 1x nädalas (90 min)
Õpilaste arv (max)	min. 8, max. 12
Õpetaja nimi	Laura Steinbach
Läbitavad teemad	values and strenghts, wheel of emotions, manifestation, yoga nidra and other relaxation techniques, breath work
Meetodid	group and individual work
Õpiväljundid	you will get a deeper understanding of yourself, about physical and mental stress and your personal stressors and learn different techniques to deal with it (both on a mental and physical level)
Hindamise kriteeriumid	regular attence and doing homework; reflection/essay in the end of the course
Kursuse lõpetamise nõuded	regular attendance and doing homework; personal reflection/essay in the end of the course
Õppekäigud	no trips, but some lessons might take place outside (e.g.in the forest)
Õppevara	all worksheets will be provided by the teacher; a folder and notebook are required