

Ainevaldkond: Gümnaasiumi valikaine

Aine: **Managing stress and emotions**

Klass/Kursus: gümnaasiumi valikkursus (35 tundi)

Toimumine: esmaspäev, 7./8. tund

Hindamine: grading according to Estonian grade system; in the beginning of the course the students will get to know the criteria/requirements for the grades

TEEMA: Introduction to Happiness and Resilience (theory, brain hormones, examples)	
Õpitulemus	Õppesisu- ja tegevused
<ul style="list-style-type: none"> • The students know the link between certain activities and the hormonal effect; they understand the difference between short term happiness and long term well-being • They recognize factors contributing to well-being (in general and personal) • They apply principles of self-awareness and positive relationships. 	<ul style="list-style-type: none"> • Fritz Schubert's framework on well-being • Interactive discussions • Case studies and reflection exercises
TEEMA: Self-knowledge (understanding and cultivating values and strenghts)	
Õpitulemus	Õppesisu- ja tegevused
The students...	<ul style="list-style-type: none"> • Values and strengths assessment (online tests; videos)

<ul style="list-style-type: none"> ● Identify personal values and strengths ● Use values to guide decisions ● Leverage strengths to overcome challenges. 	<ul style="list-style-type: none"> ● Reflection and goal-setting activities. ● Group discussions on personal experiences.
TEEMA: Understanding and Managing Emotions	
Õpitulemus	Õppesisu- ja tegevused
<p>The students...</p> <ul style="list-style-type: none"> ● Identify and understand a wide range of emotions. ● Recognize how different emotions influence thoughts and behaviors. ● Effectively manage and express their emotions in healthy ways. 	<ul style="list-style-type: none"> ● Introduction to the "Wheel of Emotions" to explore complex emotions. ● Emotion recognition exercises. ● Techniques for emotional regulation, such as journaling and emotional check-ins.
TEEMA: Yoga, Breath Work, and Mindfulness Practices	
Õpitulemus	Õppesisu- ja tegevused
<p>The students...</p> <ul style="list-style-type: none"> ● Manage stress and emotions effectively. ● Improve focus and emotional well-being. ● Connect mind and body for holistic well-being. 	<ul style="list-style-type: none"> ● Yin and Restorative Yoga. ● Breath work exercises. ● Guided mindfulness practices (meditation, Yoga nidra, earthing)

<ul style="list-style-type: none"> ● Know how to overcome moments of stress, anxiety or tiredness 	
TEEMA: Science of Positive Psychology	
Õpitulemus	Õppesisu- ja tegevused
<p>The students...</p> <ul style="list-style-type: none"> ● Cultivate a positive mindset. ● Practice gratitude and optimism. ● Apply positive psychology in daily life. 	<ul style="list-style-type: none"> ● Introduction to positive psychology principles. ● Gratitude journaling exercises. ● Workshops on optimism and mindset shifts (manifestation, visualization of goals)
TEEMA: Personal Growth and Resilience Planning	
Õpitulemus	Õppesisu- ja tegevused
<p>The students...</p> <ul style="list-style-type: none"> ● Set and pursue meaningful goals. ● Develop a personalized resilience plan. ● Apply learned strategies in real-life situations. 	<ul style="list-style-type: none"> ● Goal-setting workshops. ● Creation of a personal well-being blueprint. ● Practical exercises for applying resilience strategies.