

Gümnaasiumi valikkursuse ainekaart

Kursuse nimetus	Movement-Based Exploration of Inner and Interpersonal Challenges
Tundide aeg ja arv	Every other week, 2 academic hours (90 minutes)
Õpilaste arv	Minimum 8, maximum 14
Õpetaja nimi	Daniel Hozjan
Läbitavad teemad	<ol style="list-style-type: none"> 1. Introduction to Movement-Based Self-Exploration 2. Facing the Inner Weather: Mental Health, Movement and External Challenges 3. Introduction to Active Listening and Coaching Basics 4. Mirroring and Metaphor: Exploring Identity Through Others 5. Conflict and Movement 6. Independent Creative Project
Meetodid	<p>Guided improvisational movement tasks / capoeira-inspired and animalistic movement activities / symbolic work with objects / mirroring and partner reflection / coaching tools like active listening, open questions, and non-verbal presence / nature-based metaphors and outdoor sessions / reflection practices such as journaling and freewriting in English, Estonian, or German / small group discussions or circle sharing / creative final project individually chosen and designed. The methods will be adjusted throughout the course in response to the students' needs and group dynamics, and are informed by research-based approaches in movement pedagogy, social-emotional learning, and adolescent mental health support.</p>

Õpiväljundid	<p>The students ...</p> <ul style="list-style-type: none"> • develop body awareness and recognise how physical movement can reflect emotional and mental states. • explore personal and social challenges through symbolic and embodied movement tasks. • practice active listening and basic coaching tools, and apply them in practical situations. • build trust, empathy, and presence through partner work, mirroring, and group movement. • express themselves using multiple modes (movement, drawing, writing, and spoken word) across three languages: English, Estonian, and German. • design and present a creative project that explores a self-chosen question or challenge using embodied methods.
Hindamise kriteeriumid	<p>The course will be assessed on a pass/fail basis. To pass this course, the students must:</p> <ul style="list-style-type: none"> • Participate actively in at least 75% of the sessions • Demonstrate engagement and respect in group activities
Kursuse lõpetamise nõuded	<ul style="list-style-type: none"> • Active participation in at least 75% of the sessions • Written or visual reflections during the course (in English, Estonian, or German) • Completion and presentation of a final creative project
Õppekäigud	<p>No external excursions. Sessions will take place both indoors and outdoors, including occasional movement work in the nearby forest.</p>
Õppevara	<ul style="list-style-type: none"> • Notebook or sketchbook for reflection • Comfortable clothing for movement • Worksheets and materials provided by the teacher