



Project Number: 2020-1-FR01-KA201-080108

Experimentation of the Teaching Source “Columbian hypnosis”

<i>Level of difficulty</i>	<i>Name of the partner school</i>	<i>Name of the teacher(s) involved</i>
<i>Easy</i>	<i>Humanitas</i>	/

Description of the experience

24 students, aged 15 years participated in the activity.

Students should be prepared to get out of their comfort zones - it's a very active exercise. But on the other hand, very relaxing in a way and for the majority of students' new way of moving around the room. Good for team building and focus. Together with the upgrade to the joint hypnosis method is very suitable as a metaphor for discussions on relations of power, ignorance, media... The activity set ground to build stronger connections further.

Validation of the teaching source

Definitely. Activity is dynamic, suitable to students who do not like to talk and also appealing to those who like to express themselves with their bodies.

Testing carried out in June 2021.



Co-funded by the
Erasmus+ Programme
of the European Union

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