

Abstract (in English):

The thesis deals with the topic of perception of one's own body and its connection to selfreflection – especially sensation of one's own personality, in the context of school education. The thesis is an overview study, introducing the so-called education of embodiment. In the second part, the thesis describes main principles of embodied learning and their importance for self-reflection. The thesis utilizes the method of art based research, which confirms the importance of embodied learning for personal development and describes principles, methods and approaches, that allow to implement embodied learning. The thesis is a contribution to the real educational practice in the topic of personal development as a cross-curricular theme personal and social development.