

PLACING THE BODY AT THE CENTRE OF LEARNING: RE-CLAIMING WHAT IT MEANS TO BE HUMAN

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This presentation is based on the scholarship of teaching and learning. It speaks to a human-centred, decolonised approach to education that has the potential to increase students' confidence in the capacity of the Self to create and to think for the Self - critical qualities in this era of consumerism, screens and AI-gen technologies.

This presentation also refers to the value of the act of creating in, through and with the body. A teaching strategy that has been proven to assist our students diagnosed with mental health challenges, to cope with their every-day lives (van Heerden 2024, 2025). In this study, students were able to find their own experiences of freedom within, they felt free to express their culture, they fostered meaningful connections with their families/peers, and they found a lifeline to assist them with their daily challenges with mental health. What this might mean for the future of education and for improving the human condition, will be explored.