

10 Lessons from
the Folk High School

LEARN THROUGH THE BODY

Helle Winther



Learn through the body

Learn through the body

© The authors and FFD's Forlag, 2020

Volume 9 in the series *10 Lessons from the Folk High School*

Published for the 175th anniversary of the founding
of the first folk high school in Denmark

Series editors: Sara Skovborg Mortensen, Michael Schelde,
Andreas Harbsmeier

Published with financial support from the Ministry of Culture

Translation: John Mason
Graphic design: Spine Studio
Proof-reading: Charlotte Schrøder
1st edition
ISBN: 978-87-87627-55-9

FFD's Forlag
Association of Folk High Schools in Denmark
Nytorv 7
1450 København K
www.danishfolkhighschools.com

Previous volumes in the series

Volume 0. *A Foray into Folk High School Ideology* (Ove Korsgaard)
Volume 1. *Become Yourself* (Leo Komischke-Konnerup)
Volume 2. *Learn for pleasure* (Lene Tanggaard)
Volume 3. *Take responsibility* (Bjørn Hansen)
Volume 4. *Learn for life* (Regner Birkelund)
Volume 5. *Sing together* (Dy Plambeck)
Volume 6. *Live together* (Rasmus Kolby Rahbek)
Volume 7. *Tell stories* (Hanne Kirk)
Volume 8. *Learn together* (Johan Lövgren)

Højskolerne

Copies may only be taken from this book by institutions or
companies that have entered into an agreement with Copydan
and only within the limitations stated in that agreement.

Content

Learn through the body By Helle Winther	4
To become the Sustainable Development Goals By Trine Sønderholm Larsen	26
Wild nature as a space for learning By Axel Lund Olsen & Ulrik H. Kreutzmann	34
Martial arts from a folk high school perspective By Christian Henriksen	42