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## FORMS AND METHODS FOR FORMING A HEALTHY LIFESTYLE IN CHILDREN

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### ABSTRACT

The article deals with the formation of a healthy lifestyle among preschoolers. The existing forms of methods aimed at the formation of a healthy lifestyle among preschoolers are proposed, which pediatricians and doctors of children's institutions can use in their work.

**Keywords:** preschoolers, healthy lifestyle, methodology.

Every year the health of children is deteriorating. In this regard, the theme of the formation of a value attitude towards a healthy lifestyle in children is of particular importance. The most promising age category in the education of a healthy lifestyle are preschoolers. In childhood, the assimilation of basic information, the development of life stereotypes, various ideas are formed. It is children of older preschool age who learn knowledge well in the process of class or conversation. Their thinking is predominantly visual - figurative in nature. As psychologists and teachers note, in the senior preschool age the foundations of the moral, mental, and physical development of a person are laid, as well as health is formed, and a stereotype of lifestyle is formed. [5] Teaching children of senior preschool age involves the formation of their ability to make observations and conclusions, the development of logical thinking, work on thought processes and operations in general. Thus, thanks to purposeful learning, a child at this age opens up the possibility of developing logical forms of thinking, mastering the general concepts of knowledge from all fields of science.

Many scientists and teachers dealt with the problems of educating a healthy lifestyle in children. Human health is more than 50% dependent on lifestyle, 20–26% on the environment, and 19–25% on heredity, N. M. Amosov proved in his studies. This means that the health of children, which is formed under the influence of many factors, is largely

determined by social factors. [2] A child of older preschool age is sensitive. As explained by S. L. Rubinshtein, A. N. Leontiev, V. N. Myasishchev, the child is in the process of forming feelings, knowledge, experiences, assessments, developing interests and abilities. All this suggests that it is necessary to begin to form ideas about a healthy lifestyle in children of senior preschool age at this preschool stage. [4] Concern for the health of children is primarily the responsibility of society. Without the influence of an adult, a child will not have the desire to lead a healthy lifestyle. Health care needs to be taught. The most difficult thing is to create conditions under which the child himself wants to take care of his health. Work towards a healthy lifestyle should be started with children in the family and in preschool educational organizations, because it is here that all the necessary conditions are available that can make it possible to inculcate the habits of the basics of a healthy lifestyle.

In order to preserve and strengthen the health of the younger generation, teachers have previously searched and continue to search for various ways. Scientist E. A. Pokrovsky advised teachers to use children's games. He considered outdoor games as a means of physical and mental development and education of children. Studying the use of games for the development and upbringing of children, the scientist came to the following conclusions: 1) the game is an expression of the body's need for activity; 2) in pedagogy, games can be successfully used to achieve various tasks; 3) the game not only helps the development and strengthening of spiritual and physical strength, but also is a preparatory school for practical activities. [2] The scientist said that a child cannot develop if he does not know the goal and has no idea about himself and his capabilities. It is necessary to understand yourself, your life needs, in order to “feel” other people.

It should be noted that the formation of children's responsibility for their health is an important pedagogical problem. The formation of skills, abilities and knowledge in children should be included in the activities that are accessible and interesting to him. Physical education is such an activity. They are aimed at the formation of a value attitude in children of senior preschool age to a healthy lifestyle. Children will have fun, enjoy participating in motor activities, empathize in the process of interaction and communication with other children, and assert themselves. It is necessary to form in children the skills and habits of healthy life, motivation for health, so that there is an interest in physical activity. This is the basis for the formation of a value attitude in children of senior preschool age to a healthy lifestyle. [3] In addition to physical education, which improve physical qualities, can form motor skills and abilities,

improve health, to form a value attitude to a healthy lifestyle in children of senior preschool age, you can use game exercises and games designed taking into account psychological, anatomical and physiological characteristics of children. This number includes games that are used to form ideas about health, body functions, practical actions to organize healthy life - special game tasks and relay races. On the formation of children's knowledge about a healthy lifestyle, Ph.D. S. B. Sharmanova proposes to conduct classes of cognitive development "Health Lessons", thematic physical education classes, holidays "Health Days", which are aimed at maintaining and strengthening health. [4] In these classes, children will gain an understanding of physical, social and mental health, the structure of the human body and the work of the main organs and systems of the body, the relationship between the environment and the state of human health, they will also learn the skills to care for their bodies, gain skills communication, self-control, master the techniques of protection and the rules of behavior in various situations, and a value attitude to a healthy lifestyle will be formed. We have identified the most interesting and accessible forms of games aimed at developing a healthy lifestyle among preschoolers, which beginner educators can use in their work. One of the forms that combines all possible types of physical activity is a game-journey.

When designing such a game, the teacher must first of all formulate the goal of the game for himself, then he develops the storyline and must take into account the summing up at the end of the game. The exercises that will be used by the teacher during the game must be previously worked out by the teacher himself and aimed at solving the tasks. A positive mood among the pupils causes a game self-massage. It is he who is the basis for the hardening procedures. The systematic performance of self-massage forms in children a sense of conscious desire to lead a healthy lifestyle. Iyengar yoga can be considered an interesting direction. Her methodology is based on elements of yoga. Children can perform exercises aimed at stretching various muscle groups, which help to strengthen muscle strength and flexibility. To strengthen the work of the respiratory system, the respiratory gymnastics technique developed by A. N. Strelnikova and her family is suitable. Breathing exercises are presented by the author in a partially associative form, any teacher can easily process them into a game form. It is the game form of these events that allows you to quickly and easily give children an idea of the basics of a healthy lifestyle. The educator in the storyline must quickly change the exercises performed, adhering to the desired pace for a particular exercise. In a preschool educational organization, an important place should be given to activities aimed at maintaining a healthy lifestyle: thematic excursions, conversations, games, cultural and

hygienic, hardening procedures, sports and recreational entertainment, etc.

Thus, the formation of ideas about a healthy lifestyle in children of older preschool age way of life is a complex process, it is influenced by the factors of development of the state, public opinion, the educational and upbringing process, the personality of teachers who work with children, and the state of family education.

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