

## PSYCHOLOGICAL HELP IN KINDERGARTEN.

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### ANNOTATION

This article talks about psychological help in kindergarten. The author, relying on pedagogical data and written sources, made clarifications on the basis of existing scientific literature. She made a comparative analysis of the existing specific approaches and theories on psychological assistance in kindergarten.

**Keywords:** Children, kindergarten, psychological, pedagogical, educational institution.

### INTRODUCTION

In recent years, psychological counseling has become popular in our preschool organizations. At the same time, in special pre - school educational organizations, practical psychologists work not only in mini-list or liste kindergartens, but also in ordinary district kindergartens. The emphasis on the need to give more importance to the issue of the correct Organization of the education of strengthening the health of children aged 1 to 6 years in the "state program of healthy generation" developed on the initiative of our compatriot increases the importance of a psychologist in preschool education organizations. After all, the concept of health means not only physical, but also mental health unity at the same time. First President Of Our Country I.A. As Karimov noted, " when I say a healthy generation, I personally understand, above all, a healthy generation, not only a healthy and energetic at the same time, a healthy spirit, a whole of faith, a high level of knowledge, spirituality, a brave and brave generation of Patriots."

### MAIN PART

Until recently, the kindergarten psychologist was one of the unique events of its kind. The direction of the task and activity of a psychologist in some kind of institution was not clearly indicated. Most importantly, even for the psychologists themselves, they were tortured to give a clear picture of what phenomena and problems can be encountered in this front – line network. Therefore, even in their own way, the question "is it necessary to go to the psychologist himself?"the suspicion would arise. Even now, some kindergarten psychologists find it difficult not to find their place in the institution. Therefore, they begin the initial stage of their activities in the kindergarten, usually through methods, from the diagnosis of children. Obviously, this is a very effective direction of activity. In this, the overall level of development of children is determined, and the existing problems begin to be noticeable. However, since it takes much more time to process diagnostics and its results, there is almost no time to deal with the problems of children.

Therefore, specialists recommend that psychologists working in pre-school educational organizations begin the work from the study of the appeal of parents and educators who initially applied to him for help. Appeals of parents and educators of preschool children to a psychologist about its content and character, we will dwell in detail in the next section of our booklet . We

Scientific and methodological support of the educational process with the use of corners of psychological assistance in various activities.

1. diagnosis of emotional well-being, social competence and mental development of children.

2. Development of Correction-production with children: individual, group building and training programs, as well as psychogym language, role-playing and moving games, impressionable movements, psycho-uyalish methods, facial expressions and pantomimatics, sand therapy.

Games: Meeting-role-playing, didactic, communicative, games-dramatization;

Organization of Physical Culture and recreational activities: mobile games, dynamic pause, sports games;

Psychodatics: mimic and pantomime etudes;

Mental psychiatry qualification;

Elements of arterpiapia: drawing, musical-rhythmic movements;

Elements of sand therapy;

Visit the psychological unloading corners.

Correction of the contribution is as a result of the turn of preschool teachers of preschool age, who have the ability to distinguish and explain the emotional state of other people - classmates, preschoolers (hyperactive, excited, aggressive. We study the zone of self-control, they show the right attitude to different life situations, show their feelings in communication.

3. Students can participate in psychological and pedagogical education, involve them in the pedagogical process, involve them in the pedagogical process, master-classes, themes, organizers of events. Such a shared interaction of parents and teachers is essential to create a unique learning environment that will contribute to the disclosure of the opportunities that each student has to go into a pass. Parents actively participate in the life of their children, begin to understand them better, establish relationships. Teachers will learn more about your students, which will allow you to choose the most effective tools and methods of teaching and learning. Preschool teachers are calm, calm, this has a positive effect on the entire educational process.

4. Dove study of the state of the psychological community of the pedagogical group: conversations, mini lectures, themes, thematic seminars, interaction with "special" children; dovyur; activation of materials using psychological assistance in the direction of design and scientific and methodological flow of Teachers ' activities.

5. In groups, it forms the corner of psychological help to change the subject - the developing environment.

The work on the organization and equipment of such corners in the docks was based on the following types of prints:

Activity, independence, interest, creativity: students have the ability to change the surrounding environment, skills and skills that were previously formed, which are independently studied, skills and skills that encourage students to independently solve their problems, situations of conflict can be solved independently;

Flexibility and continuation of the middle: to create conditions for the manifestation of creative, creative activity of preschool education cameras; the developing science of the environment should open a lot of opportunities, provide different components of the educational process and in this sense be multifunctional;

A person-oriented, individual approach: identifying individual characteristics, personal characteristics, potential opportunities, disclosure of potential opportunities, the formation of positive opportunities - the unevenness of students.



The equipment of the psychological angles, that is, the zoning of the cosmos was carried out taking into account the printsize, that is, it was conditionally divided into blocks and divided into blocks according to the purposes of correcting the emotional thionalional sphere. For the interior design of all corners, the housewife, chosen according to the age of the children, the green color has a beneficial effect on the emotional state of the child.

1. In the zone of psychological unloading, there are corners of personal life, in which every child can calm down, be alone, play or relax. In the group, the corners are equipped with Freymers' high-end furniture, pillows and syringes for a comfortable stay of pre-school children of preschool age. Photo from family and group photos. Games with favorite toys calm the children around and contribute to the comfortable Organization of the interest regime during the adaptation period. Children feel in this zone, they learn to calm down because of control, but because of its absence.

2. sensor zone. You throw aggressive children an optimal expression of anger, soft puffs, "silks", "Hovering pillows", equipped with harmful mats, accumulated energy. Help the children to express anger and express the teacher, because the play material can be easily carried away as "screams", "a glass for screams".

For cutting corners, which are the most used "sleeping toys" during the adaptation period.

Kuchay of successful insecurity, ishonch of insecurity in children contributes to the "medals for reward" - in this way, the child receives a positive emotional tape, the opportunity to be in the center of attention.

To provide preschool children with the implementation of self-regulation, the development of the ability to take possession of themselves, the possession of items (magic) equipped with light ropes, tennis balls, reincarnation (magic), provided items (magic). sticks, hats, caps, etc.). Games with "soul bags" will help to get rid of children in optimal form, with "good work boxes", "good work boxes" are good intentions, motivate children to act well. It is used to form a positive attitude towards peers, theatrical performances, table and planar theater, puppet theater with gloves.

Sand and water in the psychological corners of the game, organized with buttons, differential materials, dry basins calm down, relax, reduce the level of neuro-mental tension, contribute to the development of students' intuition.

3. The zone of privilege is formed by the kindness of children, the ability to interact with others impure. Teaching pre-school teachers different ways of reconciliation will help such games with the following games: "reconciliation". With the help of Wall print games, you can draw the attention of exciting children to more comfortable work, the development of voluntary movements from them, increasing confidence in yourself and in children who are closed to their strengths. The point is: increase your twister, Tatelnik cooperation skills, can be coordinated in the team.

In the corners of the mood, children can show their feelings-each child puts a picture that corresponds to his mood. Teachers have the opportunity not only to determine the emotional state of all groups of the group, but also to provide timely psychological support, so as not to attract the attention of the child.

### **CONCULUSION**

Thus, a wide range of work is being carried out to preserve and strengthen the psychological health of students, expressed in the continuity and close cooperation of teachers, children and parents. The result of systematic psychological and pedagogical work is the stability and well-being of the general emotional state of all participants in it.

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