

FACTORS FOR THE FORMATION OF A HEALTHY LIFESTYLE IN YOUNGER SCHOOLCHILDREN

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ANNOTATION

The article expresses the issues of self-awareness as factors of the formation of a healthy lifestyle in younger schoolchildren, teaching a person to understand, evaluate their knowledge, spiritual image and interests, ideals and moral motives.

Keywords: Labor, lesson, living lesson, harmonious personality, form, method, self-control.

The formation of a healthy lifestyle is an important aspect of the upbringing of a harmonious personality. In the process of personality improvement, a person's perception of himself is also determined by the fact that the results of his activities are constantly changing depending on his state in the team, the requirements of society for him. The formation of a healthy lifestyle in this is one of the indicators of the level of upbringing of a person and encourages self-impartial assessment. Upbringing becomes self-education if a person, a teenager, is able to give an impartial assessment, pedagogical influences and requirements are accepted at a high level, and positive emotions arise in a person, that is, feelings of self-realization. [3] the formation of self-knowledge, Control and self-assessment and high spiritual feelings in students is a complex educational process of inextricably leading students to a healthy lifestyle. Self-awareness in teaching a person to understand, evaluate his knowledge, spiritual image and interests, ideals and moral motives, allbatta expresses the special importance of the environment in which the student lives, family, neighborhood and school, lifestyle and allows him to be viewed as important educational factors.

The formation of an independent thinking, free, comprehensively mature harmonious personality is the ultimate goal of our educational work, the realization of which requires, first of all, training in a healthy lifestyle.

As indicated in the "regulation on parental care", urgent tasks are set such as further improving cooperation with parents on the organization of education and upbringing of the younger generation at the level of modern requirements, broad promotion and promotion of pedagogical knowledge between them, as well as increasing the knowledge of parents about a healthy lifestyle, regularly familiarizing Ulan with the content of This issue expresses the relevance of the topic of research in the article.

Readers see the social spiritual image of society in the person of the family, first realize the essence of the demands of society within a small community here. In the family, behavior, will, character and worldview are formed, which are considered important for personality maturation. [6] family, neighborhood cooperation is an important educational factor in the formation of a healthy lifestyle in students. requires.

In the upbringing of students, the family has a number of educational tasks. An important place in the formation of an active personality is occupied by children, such as interpersonal relationships in the family, stability of a healthy mental environment, cultural, domestic

standard of living, physically healthy, spiritually mature, hardworking, ready for social life. The content of Family Education consists in the formation of skills in all areas of social education for children, namely mental, moral, aesthetic, labor, environmental, economic, legal and physical education, as well as activity skills. Parental authority in the family, mutual respect, family traditions—the decision of spiritual values occupies a special place in the reconstruction of our society, in the growth of an individual as an active citizen. In this regard, all textbooks taught in elementary school have a rich opportunity. The task of education and upbringing is to break the life and social experience of the younger generation. The first topic of the textbook “the universe around us” in Grade 1 is “keep your health”, “the student's agenda” is a healthy student, the equipment necessary for his hygiene is expressed through pictures, and also a picture of students at the dentist's appointment is given. It is through this topic that readers are taught that human health is in their own hands, the secrets of longevity are comprehensively comprehended, the experiences of healthy living of students are enriched. The fact that it is our duty to be a part of human nature, to live in it, to be healthy, to preserve it, to enrich the beauty of the world around us, should be the main task of the teacher in this regard, to cultivate love for our native Motherland, its nature, working people at the same time as it is instilled in Especially through the theme of “Ecology and economics”, it is important for students to understand how much healthy life and economy depend on one another by instilling such qualities as careful attitude to Mother Nature, economy, hard work, entrepreneurship, to mean that we are the future of maintaining the ecology of our native country in accordance with iqsad. In the second class textbook “the world around us” on the topics “our motherland Uzbekistan”, “land level in our country”, “water bodies of our country”, along with information about products obtained and grown from nature in Uzbekistan, the role of human cocktail, the need for human health to make cocktails and the absorption of interdependence in this process are realized that On the topic “products from plants and animals”, depending on the pictures, tell us which products are sponsored, which products need to be cooked and eaten, such tasks are given. While students note that products derived from nature and animals are the source of human life, how much knowledge of the rules and requirements for their consumption, through the theme of “dental care”, the order of nutrition, maintaining and caring for teeth in a healthy way form students' skills to care about their health.

The Constitution of the Republic of Uzbekistan states that the preservation and protection of nature is the duty of every citizen. Hence, the possibilities of preserving, enriching Mother Nature, teaching to appreciate the material values of her homeland, nurturing a sense of self-awareness are further increased by paying special attention to maintaining the environmental friendliness of the environment and the formation of feelings of respect for nature, the plant and the animal world in the upbringing of the harmonious younger generation.[1]

In the integral formation of a sense of self-awareness and a healthy lifestyle in younger schoolchildren, the following recommendations are appropriate:

Introduction of topics related to the formation of a healthy lifestyle when drawing up tarbivi work plans;

Correct application of appropriate forms, methods of effective implementation of Neighborhood, Family and public cooperation;

Students regularly hold sports competitions

Including the organization of conversations on topics related to the formation of a healthy lifestyle.

As a conclusion, it can be said that knowledge of the factors of the formation of a healthy lifestyle in students is an important aspect of the educational activity of each teacher.

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