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BENEFITS OF GAME ACTIVITY IN THE PSYCHOLOGY OF PRESCHOOL CHILDREN

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Annotation. This article discusses the psychological characteristics of preschool children and individual object games, team role-playing games, not only that these game activities are the basis for changes in the psyche of preschool children, but also that they are healthy. Information is provided on how to shape a healthy lifestyle and create a healthy environment for oneself, as well as create a foundation for being physically fit.

Key words: preschool age, activity, game, speech, subject, development, study of subjects; individual subject games, team role-playing games; individual and group creativity; competitive games; communication games; housework.

The education given to children of kindergarten age should be focused on mastering their complex movements, forming elementary hygiene, cultural and labor skills, developing speech, and forming the first buds of social ethics and aesthetic taste.

According to the famous Russian pedagogue Lesgaft, the period of a person's kindergarten age is such a stage that during this period, samples of character traits are formed in children, and the foundations of moral character are formed.

One of the outstanding characteristics of children of kindergarten age is their mobility and imitability. The main law of the child's nature can be expressed as follows: the child requires continuous activity, but he is tired not from the result of the activity, but from the sameness and chronicity of the activity.

Through the relationship with adults and peers, the child begins to learn moral standards, understanding of people, as well as positive and negative relationships. A child of kindergarten age can now control his body well. Its movement is coordinated. During this period, the child's speech begins to develop rapidly, he feels the need to consolidate what he knows in relation to acquiring news, hearing the story he knows over and over again and not getting bored of it is a characteristic of children of this period. When we search for the mental development of preschool age and its characteristics, the period from 3 to 7 years of age includes the period of kindergarten age or preschool age period, the uniqueness of this period. Taking into account the very rapid qualitative changes in the psychology of preschool children into 3 periods: (3-4 years old) junior preschool period, (kindergarten age), (4-5 years old) middle school period, (high school age) kindergarten age, (6-7 years old) we can divide it into senior preschool period (senior kindergarten age). A child of this age begins to interact with the world of objects and events created by his generation in the course of development. The child actively learns and acquires all the achievements of humanity.

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They develop the world through individual object games, team plot role-playing games, based on their actions, based on this development, acquisition of speech, relationships between people, improvement of skills, motives of activity, are carried out with the direct help of adults. must go. Basically, from this period, the independent activity of the child begins to increase.

In this case, acquisition of the world of objects, actions performed with their help, language, interpersonal relations, growth of abilities, development of activity motives. According to the famous Russian pedagogue Lesgaft, the period of a person's kindergarten age is such a stage that during this period, samples of character traits are formed in children, and the foundations of moral character are formed. One of the outstanding characteristics of children of kindergarten age is their mobility and imitability. The main law of the child's nature can be expressed as follows: the child requires continuous activity, but he gets tired not from the result of the activity, but from the monotony and chronicity of the activity. Through relationships with adults and peers, the child begins to learn about moral standards, understanding of people, as well as positive and negative relationships. A child of kindergarten age can now control his body well. Its movement is coordinated. During this period, the child's speech begins to develop, he feels the need to consolidate what he knows in relation to acquiring news, hearing the story he knows over and over again and not getting bored of it is a characteristic of children of this period.

The needs and interests of children of kindergarten age are increasing. In the period of 3-7 years, the main activities of children appear in the following sequence, for example:

- study subjects;
- games with individual subjects, role-playing games with a team plot;
- individual and group creativity;
- competitive games;
- communication games;
- housework.

Among the main activities of preschool children, play is of great importance in their development. Game activities can be divided into three: 1) object games (played for 15-20 minutes); 2) plot-role games (played for 30-60 minutes); 3) regular games (can last from 1 hour to 2 days). For centuries, the attention of many scientists has been attracted to the issues of play activities of children of Kindergarten age. Kindergarten-age children strive to reflect all aspects of our rich lives in their play activities. The fact that they create various mythical and fantastic images in their game activities is a proof that it is not a passive process of reflecting things and events in the external environment of a person, but an active, creative process. Another feature of children's play activities is that the child's actions and roles

during the game often have a common character. It should be understood that in his various games, the child reflects the behavior of a single policeman, teacher, driver, pilot, drivers, doctors, educators, and pilots.

Kindergarten children, due to their relatively complete mastery of speech and excessive mobility, have a need for relationships with adults and peers who are close to them, and they begin to strive for a wider range of relationships from a narrow one. Now they try to play as a team with their friends in kindergarten and neighbors' children.

They become curious about everything. The role of interest in the life of children of kindergarten age and their mental growth is great, interest is one of the factors that motivates a child to do something, just like a need. In children of kindergarten age, the development of intuition, perception, attention, memory, imagination, thinking, speech, imagination, emotions and will is accelerated. The child cannot distinguish colors well yet. It is necessary to give him toys that help him to know the difference of colors, it is appropriate to give him colored clothes, colorful necklaces, boxes and similar toys. Kindergarten children's perception of different things is based on their visible signs (color and shape), but they cannot analyze them deeply.

That is why interest can be said to be a complex mental phenomenon related to the process of knowing. The importance of interest in the development of a child is that the child seeks to know what he is interested in as deeply as possible and does not get bored of doing what he is interested in for a long time. This, in turn, helps the child develop and strengthen important qualities such as attention and will. The importance of music as an artistic and creative activity in the mental development of 3-7-year-old children is also very important. Through music, children learn to sing and make rhythmic movements to the tune of music.

The main activity of preschool children is play. The games of children of this age can be divided into three:

- 1) subject games (played for 15-20 minutes);
- 2) plot-role games (played for 30-60 minutes);
- 3) regular games (can last from 1 hour to 2 days).

The issue of play activities of children of kindergarten age has attracted the attention of many scientists for centuries. Kindergarten children strive to reflect all aspects of our rich life, which is moving forward with slow steps in their play activities. In the process of learning about the world of things around them, the child strives to be in a direct practical relationship with them. It is characteristic of this place that the child's thirst for knowledge leads to a practical relationship not only with the things around him that are within his reach, but also with the things that belong to adults, that are not within his power and cannot be reached. strives

Children's creation of various imaginary and mythical images in play shows that a person (including children) is not a passive process of reflecting things and events in the external environment, but an active, creative process. Another feature of children's play activities is that the child's actions and roles during the game often have a general character. It should be understood in such a way that in his various games, the child imitates not only the behavior of a single driver, doctor, policeman, educator, pilot, but also the behavior of drivers, doctors, educators, and pilots in general. reflects actions. Of course, young children (sometimes children of a small group) with a limited range of life experiences and activities only reflect concrete people and their actions in their games. For example, his mother, father, brother, tutor and so on. and in the games of children of middle or senior kindergarten age, such images begin to acquire the character of generality.

In conclusion, learning subjects; - games with individual subjects, role-playing games with a team plot; - individual and group creativity; - competitive games; - communication games; - housework is of great importance for the development of all psychological processes of the child, starting from the child's ability to speech, imagination, thinking, memory, attention, intuition, consciousness, in one word. in addition to education, it creates a basis for them to form a healthy lifestyle and create a healthy environment for themselves and to be physically fit.

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