

## **The ways to Promote Healthy Lifestyles in Preschools**

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### **ABSTRACT**

*This article discusses the forms, methods and ways of forming a healthy lifestyle for children in preschool institutions.*

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Every year the level of health (physical and psycho-emotional) of preschool and school-age children decreases. This is due to many reasons, including an increase in mental load, reduced opportunities for motor and emotional relaxation, and a low level of knowledge about healthy lifestyles.

The realities of the modern world (man-made disasters, environmental disasters, poor-quality water, chemical additives in food, exposure to electronic radiation from abuse of computer games and television, constant rock music, social tensions in society, unfavorable living conditions in most regions, rapid depletion of the body's reserve capacities in winter, sharp variations in atmospheric pressure, temperature, etc.) confirm the relevance of the valeological topic in preschool education. Children's attitude toward their health is the basis for the formation of the need for a healthy lifestyle.

It arises and develops in the process of a child's awareness of himself as a person and an individual. These children must understand: a complex but very delicate creature of nature, and a person must know how to protect their health and life from an early age.

Therefore, it is necessary to teach the child in kindergarten and at home:

- the habit of cleanliness, tidiness, looseness, neatness;
- the basics of cultural and hygienic skills;
- elements of self-control in various motor activities;
- to understand how physical activity affects the human body, its well-being;
- the ability to behave correctly in situations that pose a threat to life and health, and sometimes prevent them.

All of these tasks are defined by modern programs for preschools in our country. Their analysis makes it possible to determine the main tasks facing the teacher in fostering the habit of a healthy lifestyle in preschool children. Children should learn to:

- Identify their condition and feelings;
- understand the necessity and role of movement in physical development;

- observance of hygienic requirements to the body, clothing;
- use the knowledge of what is useful and what is harmful to the body.

It should be noted that without acquiring the skills of a healthy lifestyle, it is impossible to fully educate the child to school. In addition to the generally recognized recommendations for observance of the daily routine, sufficient physical activity, a healthy lifestyle involves educating children in an active attitude towards their own health, which determines their own lifestyle, adequate behavior in various situations. understanding how to preserve this life and health in an environment full of unnoticed dangers.

The system of physical education and health work.

Creating comfortable conditions in the room for games and activities:

- observance of sanitary and hygienic rules;
- organizing ventilation (3-5 times a day in the absence of children);
- maintaining an air temperature in the group of 20-22 °C).

Physical exercises:

- water procedures (washing, hand washing, playing with water);
- walking barefoot,
- tables, layouts on valeological topics.

Work with parents:

Classes on valeology and life safety, reading fiction.

Preschool is the best time to reinforce lifelong habits of cleanliness and tidiness. Children can successfully master all basic hygiene skills, understand their importance, and get used to doing them correctly and quickly on a regular basis. To develop them, children learn to roll up their sleeves, thoroughly lather their hands with soap, rinse thoroughly, wash their faces, wipe their faces with individual towels, and use handkerchiefs.

The repetition of routine moments, consistency of requirements ensure the strength of knowledge and skills of self-care, contribute to the education of independence. Fiction also helps a lot: the stories by L. Voronkova "Masha the loser of things", "Moidodyr" by K. Chukovsky, "Chumazaya Girl" by A. Barto, poems by Z. Aleksandrov "What you took, put it back", "Topotushki," J. Tuwim "Letter to all children on a very important matter," I. Muraveyka, "I'll do myself," as well as folk songs and children's songs. Some poems and songs the children learn by heart.

Cognitive activities and didactic games play an important role in strengthening laundry skills and fostering cleanliness and neatness. But the main attention is paid to daily reinforcement of children's cultural and hygienic skills and independence.

Different methods are used, such as demonstration, explanation, direct assistance, encouragement. Patiently, repeatedly, children are shown how to eat comfortably, sit at the table, wipe their mouth after eating. The method of prompts is also used ("bring", "put") which helps to fix the idea that after the game it is necessary to put the toys back in its place and a tea cup from the table.

The most effective in raising a healthy child is exercise and physical activity. For the growing body, they will be of particular importance if they are done in the air, as they increase metabolism and supply a large amount of oxygen to the body. Games and activities in all seasons contribute to hardening the child's body, increase its performance and reduce illness.

In order to form the habit of a healthy lifestyle it is important that the child understands the need for physical exercise, including morning exercises. Once or twice a week, exercises with music, but primarily breathing exercises.

It is known that mental work without regular and proper physical activity leads to decreased efficiency, fatigue. Therefore, during and between classes there are physical exercises, which contribute to active

relaxation and increase the tone.

Exercises for them are updated at least 1-2 times a month. I remember the children's first attitude toward physical education. It was a smile and joy at the fact that during a serious lesson some word game with sharp movements began.

In the older group there was also a talk on the topic "poisonous mushrooms and berries" from which children learned that some gifts of nature cannot be eaten, they can be poisoned. And later, when children looked at dirty water under a microscope for a class of microbes and bacteria, they became very responsible to wash their hands and cut their nails. The class "vitamins in our food" contributed to the fact that children have a different attitude towards food: now they try to eat salads, fruits, vegetables and drink milk.

The teacher also introduces the children to how the human body works. In a visual form, using illustrative material, he draws attention to the need to listen to your well-being, talking about their main systems and organs.

In conclusion, we can conclude that this activity gave certain results: children know how useful physical exercise, fresh air, water and massage are for their health.

Every child wants to be strong, cheerful, energetic - to run tirelessly, ride a bike, swim, play with peers in the yard, not to suffer from headaches or endless colds. Our task is to teach them to think about their health, to take care of it, to enjoy life.

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