

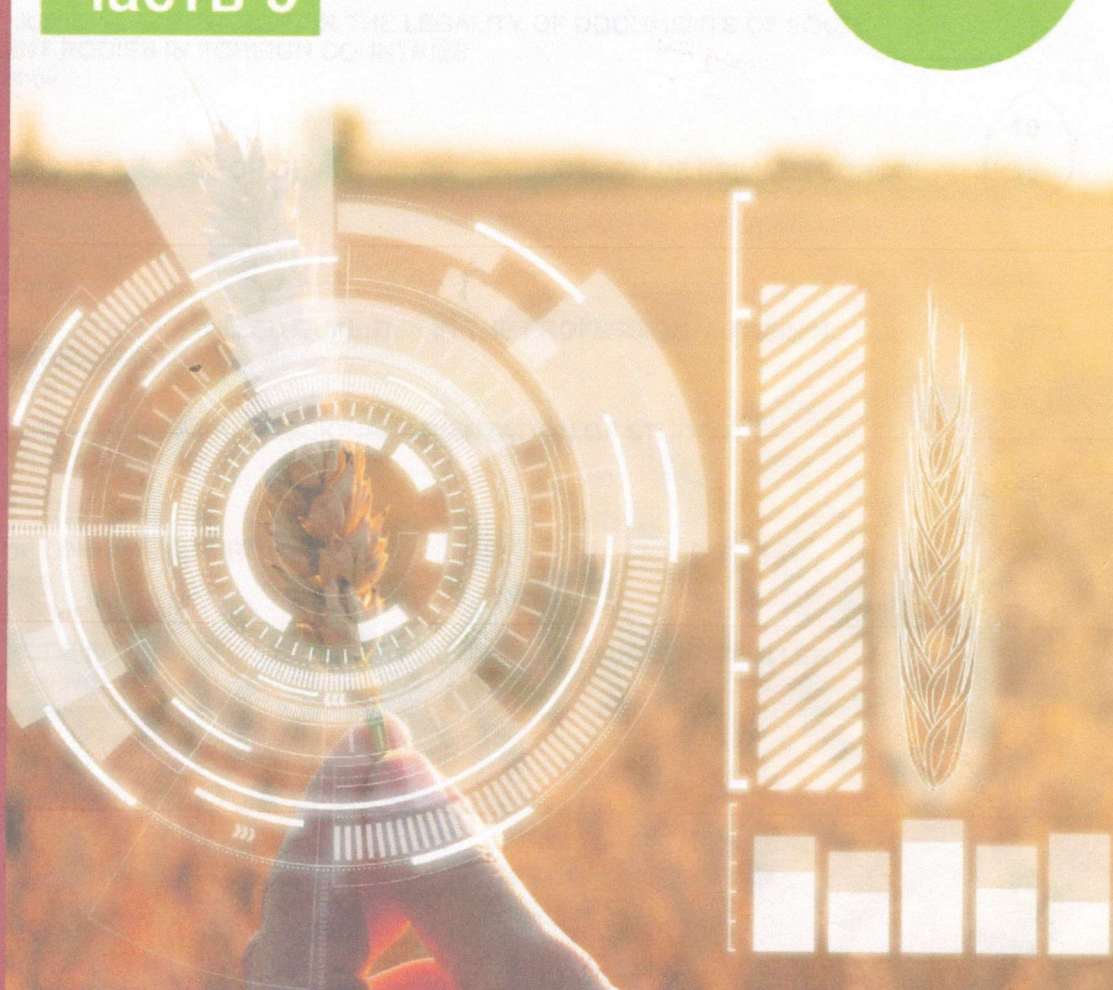
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## PSYCHOLOGY

GROUP GAMES AS A TOOL FOR DEVELOPING THE ATTENTION  
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## ABSTRACT

the article examines the features of the attention of younger students and the ways of its development. Methodical recommendations on the use of group games and exercises for the development of stability and attention of students are given.

**Keywords:** attention, method, game, exercise, Junior student, development.

Attention is a cognitive process that consists of directing mental activity and concentrating on an object of particular importance to the individual. Orientation means the selective nature of mental activity, the voluntary and involuntary selection of an object. When a student listens to what the teacher is saying at school, he consciously chooses this listening activity, his attention is consciously aroused, he is subordinated to this goal. The direction of his mental activity is expressed in the fact that the student pays attention to the content of the learning material without being distracted by anything else.

Specific features of attention include its strength and stability, division, scale, carelessness, distribution. First of all, it is necessary to emphasize the stability of attention.

All forms of education and human activity, mainly voluntary attention, grow with age, mainly during the course of human activity under the influence of upbringing.

Adults focus children's attention on something. This voluntary attention from adults begins to show when the child is two years old. At the same time, in order to maintain the child's concentration and stability, it is necessary to overcome the impression of stimuli that involuntarily attract him from an early age. Adults teach a child to be clean, orderly, disciplined and to live in a society. All of this develops voluntary attention. From the age of 5, voluntary attention begins to grow on the child's own initiative.

Voluntary attention in children begins to grow rapidly from school age. The learning process itself contributes to the growth of voluntary attention and its concentration and stability. As children get older, some

of the qualities of attention increase in size, strength, power and stability. First of all, children's attention is focused on the narrowness of their ears, their slow growth and division from one thing to another. In one-year-olds, we can only see a narrow concentration of attention. For example, if we give a child something and hold it in one hand and give something else in the other hand, he throws away what is in the first hand, which means that the child's attention cannot be focused on what he is holding in his hand.

Later, with the help of adults, children's attention span increases in play, study and practical work.

As children get older, the strength and stability of attention increase. These qualities grow in the process of play, work and study.

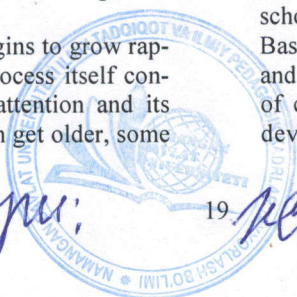
The fact that the stability of attention in primary school students is not so strong is due to their age. It is necessary to periodically change the type of work (activity) in order to prevent fatigue. Also, at this age, small school-age students may not be able to move their attention quickly from one object to another, but this feature will improve by the end of primary school.

By working under the constant supervision of a teacher, the child develops the ability to perform the task independently, sets goals and controls their actions. The control of the student's own activity means an increase in voluntary attention.

The level of development of attention, the various manifestations of its disorders are determined by the school psychologist in the process of diagnostic work. Based on the results of diagnostic work, psychological and pedagogical recommendations for the implementation of correction and development of attention will be developed.

Асмира тўғри:

19. Реалинов Д.



Below are examples of tasks, games and exercises that increase the level of attention of primary school students, develop its stability and increase its scope.

We offer tasks, games, exercises, which will allow you to raise the level of attention of young schoolchildren, develop such a sense of attention, as perseverance, and also increase the volume of attention. Such games and exercises can be used during short breaks, physical training minutes, as a methodical and didactic material in training sessions and beyond.

Attention games can be played individually or in groups, depending on the age and personality of the students.

### 1. Game "Yes and no"

Purpose: to develop attention.

Instructions: Let's play a game called "Yes and No".

I will list different things and words, and if you say the same thing, "Yes, you will," you will clap once. If you don't eat it, you sit in silence. Those who make a mistake will be eliminated from the game. I always applaud, so you have to be careful. At the end of the game the most attentive participant wins. Attention, we started: biscuits, books, apples, elephants, oranges, telephones, varens, cars, houses, etc. Gradually the words become harder and the speed of the game increases.

### 2. Exercise "Volleyball without a ball".

Objective: This exercise teaches concentration, observation, facial expressions and pantomime. Designed for hyperactive children aged 8-9.

Form of transfer: group

Material: Room and volleyball net

Duration: 15 minutes

Preparatory work: exercises or lessons on communication with children, facial expressions and pantomime, acquaintance with the rules of volleyball, if necessary, play.

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2. "Umumiy psixologiya" - ma`ruzalar matni 2005 yil NamDU

Exercise: The children are divided into 2 groups of 6 and stand on both sides of the grid. They imitate a volleyball game without a ball (3 passes). The ball is passed by looking at each other and moving accordingly.

Prohibitions: It is not allowed to talk during the lesson

Questions for discussion:

Was it easy to play by looking?

What caused the difficulties?

How did you feel?

Should the person next to you be your friend?

If yes, why:

After the training, it is necessary to conduct communication and group exercises to increase the effectiveness of the game.

### 3. Exercise "Path"

Age of participants: For children 6-7 years.

Children are divided into two groups with the same number. Each team member holds hands and forms 2 circles. Move to the right with the signal of the starter until the end of the music (pauses in the music are based on different 6, 12, 18 beats). The facilitator then assigns the task to both teams. If he or she says "Path," the members of each team stand in a line, place their hands on the shoulders of the participant in front, and sit with their heads slightly bent forward.

If the facilitator says "Bir uyum", each team member moves to the center of the circle holding hands and holding it out.

If the facilitator says "Mushroom", all participants should sit with their hands on their heads. All of these signals are said by the initiator (dam-damakan) alternating. The one who manages the team the fastest gets the same points. The team with the most points wins.