

RESULTS OF USING NEUROGYMNASTIC TECHNIQUES IN TEACHING CHILDREN

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Abstract: the article discusses the application of neurogymnastics methods in teaching children. Teaching children involves working with students from various social backgrounds. The article presents the benefits of neurogymnastics and methods for developing executive skills when working with children with perceptual delays. After applying neurogymnastics methods, children develop fine motor skills, strengthen both hemispheres of the brain, and enhance their ability to memorize, perceive, and think. Their analytical skills, intelligence, vision, hearing, attention, and speech also improve. Learning through these methods is beneficial not only for children with delayed perceptual development but for all children. It has been observed that using these methods makes children more intelligent, well-read, and capable of acting independently. We recommend incorporating neurogymnastics methods into the education of all students.

Keywords: family, parents, child, acceptance, emotions, cognition, memory, abilities, methods, education.

РЕЗУЛЬТАТЫ ИСПОЛЬЗОВАНИЯ НЕЙРОГИМНАСТИЧЕСКИХ МЕТОДОВ В ОБУЧЕНИИ ДЕТЕЙ

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Аннотация: в статье рассматривается применение методов нейрогимнастики в обучении детей. При обучении детей приходится работать с детьми из разных слоев общества. Представлены преимущества нейрогимнастики и методики развития исполнительских навыков в работе с детьми с задержкой восприятия. После применения методов нейрогимнастики у ребенка развивается ручная моторика, оба полушария мозга, повышается способность к запоминанию, восприятию и мышлению, способность к анализу, улучшается интеллект, зрение, слух и внимание, повышается речь. Обучение с использованием этих методов актуально не только для детей с замедленным развитием восприятия. Эти методы можно использовать при обучении всех детей. Было замечено, что при использовании этих методов обучения дети становятся умными, начитанными и способными действовать самостоятельно. Мы рекомендуем включить данные методы нейрогимнастики в обучение всех студентов.

Ключевые слова: семья, родители, ребенок, принятие, эмоции, разум, память, способности, методы, обучение.

Nowadays, many people believe that providing for a child's material needs is enough for proper upbringing. Unfortunately, this is not the case. Recent scientific studies suggest that a child has two fundamental aspects of existence: moral and material. The presence of both ensures that a child grows up happy and balanced. If a child feels safe and happy at home, they will also feel secure and content at school, leading to better emotional well-being and academic performance. The first and most important educators in a child's life are their parents and siblings. Only after them do teachers and other close individuals in their environment play a role.

In a family setting, one of the main reasons a child may grow up withdrawn, slow in developing perception, indifferent, cold-hearted, emotionally closed off, or aggressive is a lack of parental love, warmth, and affectionate words. If a child does not receive enough love from their parents, it significantly impacts their emotional and social development. Raising a child with violence, harsh punishment, scolding, humiliation, comparisons with other children, dismissing their thoughts due to their young age, or ignoring their opinions negatively affects their emotional well-being. These experiences can lead a child to become emotionally closed off and aggressive, hindering their ability to develop a healthy sense of perception. Children raised in such an environment, even if they understand something, may struggle to express their thoughts. They may hear what is being said but fail to comprehend it, as their minds are preoccupied with fear—constantly worrying about what flaw will be pointed out next. As a result, their focus drifts elsewhere, making it difficult for them to process and absorb information.

To enhance children's ability to perceive and process information within the family, we recommend that all parents incorporate neurogymnastics exercises.

Across the world, educational practices are increasingly focusing on achieving high learning outcomes while paying greater attention to students' individual characteristics. Recently, courses such as "speed reading," "rapid

reading," and "eidetics" have been gaining widespread popularity. These methods take into account children's unique traits by providing individualized assignments, neurogymnastics exercises, motor skill development tasks, and memory-enhancing activities tailored to each child.

The term "neuro" refers to the brain, and "gymnastics" refers to exercise. Neurogymnastics literally means exercising the brain.

Different types of neurogymnastics can be introduced progressively, from simple to complex, regardless of a child's age. Although these exercises may appear simple at first glance, they require significant effort and practice. Intelligent and diligent children tend to master them quickly, whereas children with slower cognitive development may require repeated attempts and continuous effort before they successfully acquire these skills. [5].

With the help of these exercises, children with slower cognitive development can improve their perception skills and catch up with their more advanced peers. It is beneficial for all children to practice neurogymnastics. If a child is struggling with speech development, these exercises should be done regularly. Parents who may not have the means to take their child to a speech therapist or psychologist can perform these exercises at home. Instead of complaining or feeling helpless, taking action will yield results—effort today shapes the future. Here are several types of neurogymnastics exercises we recommend:

1. **Finger Coordination Exercise:** Open the index and middle fingers of the left hand, while placing the index finger of the right hand on top of them. Repeat the same movement with the opposite hands.
2. **Melon and Watermelon Drawing Exercise:** With the right hand, draw a melon on head, while with the left hand draw a watermelon.
3. **Milk Exercise:** Rotate the right hand as if turning the handle of a milk machine, while the left hand moves from left to right as if pouring milk.
4. **Palm Orientation Exercise:** Open the fingers of the right hand while closing the fingers of the left hand. The open hand should face upwards, and the closed hand should face downward. Repeat with both hands.
5. **Thumb Coordination Exercise:** Arrange the fingers of the left hand in order (thumb, index, middle, ring, pinky), while arranging the fingers of the right hand in reverse order (thumb, pinky, ring, middle, index).
6. **Nose and Ear Exercise:** Hold your nose with your right hand while grabbing your right ear with your left hand. Then, switch hands—hold your nose with your left hand and grab your left ear with your right hand.
7. **Pathway Method:** Open all fingers of the left hand, while extending only the index and middle fingers of the right hand.
8. **Alertness Exercise:** Extend the pinky of the left hand while extending the index finger of the right hand. Alternate so that when one hand extends the pinky, the other hand extends the index finger.
9. **Eye and Ear Exercise:** Form an ear with one hand and an eye with another hand.
10. **Calodos Exercise:** Firmly clench the fingers of the right hand into a fist while keeping the fingers of the left hand loosely curled, with a small opening in the middle.
11. **Shape Matching Exercise:** Cut circular and square shapes from colored paper. On circle shape put a hand closed into a fist; on square shape put your hand wide open.
12. **Hammer and Dough Exercise:** Pretend to hammer with one hand while rolling out dough with the other hand.

By incorporating neurogymnastics techniques, children can achieve the following positive outcomes: improved cognitive functions, better coordination, enhanced focus, and stronger motor skills.

Benefits of Neurogymnastics:

1. Develops both hemispheres of the child's brain.
2. Improves vision, hearing, and attention.
3. Improves fine motor skills.
4. Enhances the ability to analyze.
5. Improves thinking skills.
6. Enhances memory skills
7. Improves speech.
8. Strengthens intelligence.
9. Develops perception ability.

After applying neurogymnastics techniques, noticeable improvements can be observed, as shown in the image above. Fine motor skills develop, both hemispheres of the brain grow, and the child's memory, perception, speech, and thinking abilities improve. They become better at analyzing information, and their vision, hearing, attention, and intelligence also enhance. These positive outcomes highlight the effectiveness of neurogymnastics.

Thus, using neurogymnastics in teaching children yields excellent results. To enhance children's cognitive abilities within the family, we strongly recommend that all parents incorporate neurogymnastics exercises.

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