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NEUROGYMNASTICS AND ITS PLACE IN THE EDUCATIONAL PROCESS

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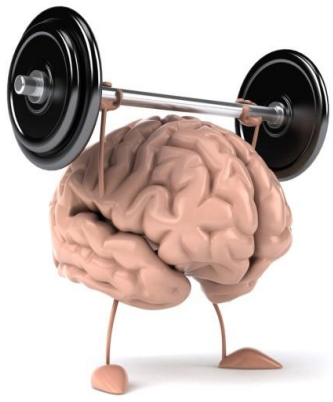
Abstract:
This scientific article presents ideas about neurogymnastics and its place in the educational process, its effectiveness in the educational process.
The purpose of writing this article is to show neurogymnastics and its place in the educational process in specialized schools for children with special educational needs.
Result: neurogymnastics and its place in the educational process, the responsibility of teachers will be revealed.

Keywords: neurogymnastics, educational process, pedagogical skill, speech therapist.

Introduction

Favorable conditions for the development of voluntary, stable, strong, strong, active conscious attention in primary school students in the educational process. must be created. Independent Thinking Activity in the Learning Process, Examples, Voluntary, Conscious Attention Is Formed Through Problem Solving, Didactic Exercises, Repetition. Children of 7-8 years old develop the skills of voluntary concentration, distribution and conscious control of attention. The importance of these games in the cognitive processes of children is great. Experts believe that the development of a person is connected with the material world, and the way of life of a person determines his consciousness. Educational activities play an important role in the development of a person in childhood. The expansion of students' cognitive activity occurs primarily as a result of their assimilation of scientific phenomena, thoughts, ideas, facts, and the social experience of the people. The relationship between development and learning in pedagogical science has its own historical path of development. At first, educators put forward the idea that the development of students happens by itself. Having identified the impact of education on development, they noted that this impact is unintended. In addition, personal views on the problem of education and mental development of students were formed. The main essence of this view is that a well-organized learning process accelerates the development of the student.



Well, here's the question. What is Neurogymnastics? What is its role in the educational process?

Neurogymnastics contributes to the development of intellectual and mental capabilities in many ways. By activating the brain, memory, attention, perception, speech, motor skills, thinking, creativity, self-regulation, self-esteem, motivation and general somatic health are improved. Morning exercises and joint exercises are very good for your health. Recently, neurogymnastics has become especially popular for both children and adults. Experts assure that even a few simple exercises done regularly every day can have a beneficial effect on

memory, concentration, and many other aspects. This article will tell you what neurogymnastics for children is, how it is useful and how to use it to learn better in any school.

American psychologists Paul and Gail Dennison have developed a method of "brain gymnastics", or neurogymnastics, based on the principles of kinesiology. After conducting research, it was found that by performing certain physical exercises, it is possible to improve intellectual development. Kinesiology is an applied science that aims to stimulate mental abilities through the systematic performance of tasks. This direction began to actively develop in the 60s years of the last century, which makes it relatively young. Such "brain gymnastics" includes a specific set of exercises that are quite simple to perform. That is why neurogymnastics is recommended for preschool children, as it contributes to the balanced development of both hemispheres of the brain. One of the advantages of these workouts is the ability to do them almost anywhere. It is not necessary to have specific indications to start neurogymnastics. In many cases, parents include neuroexercises in their daily routine as a preventative measure. This is especially true when the level of workload on a preschool child increases in preparation for school or in primary school. In addition, in the modern world, children often lead a sedentary lifestyle, sitting at the computer, and therefore rarely participate in active games. However, they are a natural form of neurocorrection. Nowadays, it is of great importance to find effective ways to learn. Without relying on mental activity, understanding and assimilation of knowledge by students is impossible. The issues of activation of cognitive and thinking activity are relevant in pedagogy.

Neuropsychologists have developed a set of body-oriented exercises that allow you to influence brain activity through the human body. And they called this complex neurogymnastics. Neurogymnastics is used for the development of higher mental functions. With the help of specially selected exercises, the body coordinates the work of the right and left hemispheres and develops the interaction between the body and the intellect. Each of the exercises of neurogymnastics contributes to the excitation of a certain area of the brain and includes the mechanism of combining thought and movement, also contributes to the development of coordination of movements and psychophysical functions.

Kinesiology is the science of brain development through movement. According to physiologists, the right hemisphere of the brain – humanitarian, figurative, creative – is responsible for the body, coordination of movements, spatial visual and kinesthetic perception. The left hemisphere of the brain – mathematical, symbolic, speech, logical, analytical – is responsible for the perception of auditory information, setting goals and building programs. Under the influence of systematic training, positive structural changes occur in the body. Strength, balance, mobility, and plasticity of nervous processes are carried out at a higher level. The regulating and coordinating role of the nervous system is improving. Neurogymnastics allows you to reveal the abilities of a person and expand the boundaries of the possibilities of his brain activity. Games and exercises synchronize the work of the hemispheres, improve memorization, improve the perception of the interlocutor's speech, arouse persistent interest, concentrate attention, allow you to quickly switch from one activity to another, which contributes to quick inclusion in the lesson. All exercises are divided into four groups, which are aimed at developing three types of sensorimotor skills. *The first group* consists of exercises that cross the midline of the body. They are aimed at the simultaneous work of two legs, hands, eyes, i.e. at the integration of the activities of both hemispheres. Their implementation gives results: the child can move and think at the same time, reading and writing skills improve, he can process information both from the whole to the part and vice versa.

The second group is energy exercises. They ensure the speed of nerve processes between brain cells. Improve emotions and self-regulation. Regular classes allow you to improve your thinking, increase the speed of conscious reading, and improve attention.

The third group is stretching exercises. They are aimed at relaxing tendons and relieving muscle tension. They help to relieve stress, improve attention and concentration.

The fourth group is exercises to increase positive thinking. They stabilize nervous processes, as a result of which the child learns to remain calm in a stressful situation.

During regular exercises, the emotional background stabilizes, the inner potential is revealed, and the level of self-esteem increases.

Exercise facilitates all types of learning and is effective in optimizing intellectual processes and increasing mental performance. As a result, the child adapts better to changes, begins to learn and assimilate information more easily.

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