

## PHYSIOLOGICAL AND PSYCHOLOGICAL PREPARATION OF CHILDREN FOR SCHOOL

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### Abstract:

The article provides methodical recommendations on general preparation for school, mental, spiritual, aesthetic and physical development of the child by the time of going to school, the child's new conditions of school education and the conscious acquisition and active penetration of the educational material.

**Keywords:** school, spirituality, aesthetics.

The changing times and the renewed space in the character system of the peoples of the world develop brain activity, quickness in efforts, resourcefulness, and at the same time planning, careful preparation, understanding, solving problems on the basis of cooperation in every work. demands to be found. Also, the role of individual subjects-people in the system of relations between the individual and the society, the individual and the state, is being observed.

Pre-school education ensures the healthy, all-round development of a child, instills in him a desire to study, prepares him for regular education. Pre-school education is carried out in state and non-state preschool institutions and families until the child reaches the age of six or seven. Neighborhoods, public and charity organizations, and international funds actively participate in the realization of the goals and tasks of pre-school education. Nowadays, the serious demands placed on children's levels of preparation for school require the development of necessary theoretical and practical measures in this regard.

**In order to develop preschool education, it is necessary to implement the following:**

- priority training of qualified educators and psychologists;
- search and implementation of effective psychological and pedagogical methods of preschool education;



- organizational, psychological, pedagogical and methodical provision of raising children in the family;
- modern educational manuals, technical tools, toys and creating and producing games;
- to educate preschool children spiritually and morally based on the nation's rich cultural and historical heritage and universal values creating conditions;
- to select programs of different options for different types of preschool education institutions, to create the possibility of providing qualified psychological consultation services on all issues of preschool education;
- supporting the network of pre-school education and health care institutions-

Development of support and development mechanism. General preparation for school is the level of mental, spiritual, aesthetic and physical development achieved by the child by the time he goes to school. . General preparation is expressed by a certain level of mental development that a child achieves by the time of transition to school education. From the point of view of school education, psychological preparation successfully summarizes the important qualitative indicators of the mental development of a child entering the 1st grade. Psychological preparation of the child for school education sufficient and high cognitive activity and thinking operations at a certain level of mental, physical, social development of the child All components of the child's psychological readiness for school include bringing the child into the classroom, learning material at school, active awareness, fulfilling a wide range of school-related obligations. , it is determined according to the presence of special knowledge, skills and abilities necessary for learning subjects such as mathematics and mother tongue. intensive work on preparation ensures the necessary level of special preparation of children for studying at school. A child attending school should be prepared for a new way of life, a new system of interaction with people, active mental activity.

About the methods of acquisition of scientific knowledge in the development of the human being his thoughts are also relevant for the current period. When giving knowledge to the student, he should: - not to bore the student;

- not teaching the same thing or the same subject in education;
- coherence, consistency;
- pay attention to the presentation of new topics in an interesting, mainly visual manner broadcasts as needed.

Beruni's thoughts on the formation of a perfect person are for his time not, it is also important in the



development of modern education. Ibn Sina shows the need to teach children as a group in school and emphasizes the need to observe the following in education.

- **When giving education to a child, don't book at once;**
- Giving knowledge by going from light to heavy in education; - Exercises should be suitable for children's age;
- Taking into account the inclination, interest and ability of children in education; - Emphasize that training should be combined with physical exercises.

The child's psychological readiness is closely related to the change of his social position in the society and the uniqueness of the children's educational activities in the junior school age. It should be noted that a specific psychological content is not considered permanent in school, but it is constantly changing and enriching. Structural aspects of psychological preparation consist of intellectual (mental), spiritual and volitional preparation. In most cases, when talking about the level of mental development of a child, a lot of attention is paid to the amount of intellectual knowledge determined by his vocabulary. Parents and even some teachers think that the more a child knows, the more advanced he will be. In fact, it is not so, science and technology.

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