

THE CONTENT AND STRUCTURE OF THE PREPARATION OF THE PRESCHOOLER FOR ACTIVITIES ON CHILDREN'S HYGIENE

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ABSTRACT: The problem of a healthy lifestyle – the most important problem facing a person – is the problem of comprehensive personal development, the formation of a socially and hygienically rational lifestyle in the field of working life and recreation, which contributes to the strengthening of scientifically based, socially hygienic activities.

KEYWORDS: working life and recreation, scientifically based, socially hygienic activities.

INTRODUCTION

"A healthy lifestyle is a lifestyle that organizes everyday life according to biological and social laws and aims to maintain and strengthen health."

Promotion of a healthy lifestyle in the educational system should be carried out consistently in different directions, on the basis of a specific program, in specific directions. In particular, this is primarily aimed at giving students in the process of higher pedagogical education certain medical and hygienic knowledge of a healthy lifestyle, at which they are focused on the formation of concepts about the influence of maintaining a healthy lifestyle on the evolution of the human body, and on the other hand, it is directly related to the content of skills. Also, while a healthy lifestyle is widely promoted through the media, it should be deeply integrated into the educational content provided in schools, lyceums, colleges in harmony with all educational institutions.

It is known that in the Uzbek family, signs of multi-generality are clearly expressed. In it, adults of the family - grandparents, momos, close relatives, neighbors, the neighborhood-are also directly involved in the formation of healthy ideas and knowledge in the child's mind. According to our age-old habits, the influence of grandparents, neighbors and relatives on the upbringing of our children is stronger than that of parents. They are considered the determinants of the spiritual environment in the family. This same tradition of upbringing was considered an important spiritual and pedagogical value left over from the past, and in the life of our great ancestors this same style of upbringing was formed and reached a certain level of system.

It is known that scientific and technological progress first of all radically changes production and serves as an important factor in the numerous deliveries of industrial products. But such

progress, whether in industry or rural agriculture, has the importance of being advanced, can have a slight change in the environment and this, in turn, have a negative impact on the health of the population. Therefore, nowadays it is required to preserve the environment, preserve natural resources and use them wisely on a global scale.

And the students continue to show their intellectuality among our people today. The main thing is not to forget that it is precisely about the family that graduate students should feel the need to approach as teachers in order to improve the stability of the lifestyle of those around them. It is necessary that they help to limit the youth in their territory today from various different expositions, as well as shameless dresses entering our nation in a completely foreign quality, uncivilised use of the phone.

The educator uses forms and techniques that influence the formation of mutual mono-lessons that allow team members to add to a positive experience, while organizing a joint fao-activity of team members. The team of children of preschool age is a United children's guru due to the totality of classes and a certain system of interaction. Its formation will be the result of the entire educational process and will depend on the correct Organization of the life and activities of the wards. Hence, one of the positive qualities in human behavior is to be able to join a team of people and get a worthy place among the members of that team.

It requires a high level and good manners from everyone. One's decency, knowledge, physical maturity, begins to be seen quickly within the team. From an early age, the child feels the need for communication with others in himself, with the children's team. But the little boy cannot choose the team himself. He remains to come up with conditions for any community. When the team in which the child lives is organized as attractive, the child can feel free in such a team. And for this, the team is rich in content, the interaction in it is based on humanism, which is important. When forming a team, the only requirements for team members and their activities are important. Especially self-instruction by children should not allow some of the team members to be superior to the other-rn I. Therefore, the educator must monitor the activities of children in accordance with the purpose[4]. This means that the educator must comply with certain conditions when organizing individual educational work that he will carry out with the child. For example, conversations in Solo education, classes, viewing raems and books, didactic games will be appropriate if they are held in the morning hours, in the evening hours on a walk. What things to do with children should be indicated in the general plan of the educator. The observations made by the result and characteristics the educator records in his diary.

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