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THE FORMATION OF HEALTH SAFETY COMPETENCE IN CHILDREN OF UPPER-KINDERGARTEN AGE BY MEANS OF PROJECT ACTIVITIES

The transition to a new type of humanistically innovative education in Ukraine requires changes in emphasis in the education of modern youth. Currently, an important task of the education system is to teach the younger generation a responsible attitude to health as the highest social and individual value. Over the past half century, the requirements for people's health have increased significantly, and the meaning of the very concept of health has changed. A one-sided (mainly medical-biological) approach to its definition has been replaced by a holistic approach. Health, which reflects the quality of the body's adaptation to the conditions of the external environment, is a process of interaction between a person and the living environment.

The preschool education institution should ensure that children learn a set of specific knowledge about a healthy lifestyle, in particular, about simple and effective measures to combat the body's infections; the importance of hygiene, cleanliness, proper nutrition for human health. It is the formation of health care competence in preschool children on the basis of twelve life skills during the four years of their stay in all preschool age groups. The structure of the technology takes into account the relevance of life skills to certain areas of health. Accordingly, the material is divided into three sections: "Life Skills Contributing to Physical Health", "Life Skills Contributing to Social Health", "Life Skills Contributing to Mental and Spiritual Health" [2].

The formation of health safety skills takes place in a certain sequence according to the following algorithm: motivation of health safety activities – the formation of a system of available knowledge - practicing skills in a developing health safety environment.

The implementation of health safety technologies involves:

- 1) organization of the educational environment in ZDO according to the requirements of a person-oriented approach;
- 2) monitoring the health level of children;
- 3) implementation of diagnostic, corrective and rehabilitation measures with children depending on the health group;
- 4) creation of comfortable conditions for all children, including those with special needs, to stay in the ZDO;
- 5) selection of optimal technologies of education and training taking into account the age, gender, individual characteristics of the child's development;
- 6) optimization of social and hygienic living conditions of children and teachers [3].

The analysis of the latest researches and publications, in which the solution of the outlined problem was initiated, proves that scientists pay considerable attention to determining the conditions for the formation of health safety competence in the younger generation. Thus, the pedagogical conditions for the formation of health safety competence in secondary school students are analyzed by O. Aksyonov, T. Babko, T. Boychenko, A. Karabasheva, and others. In the higher school system, the mentioned problem is solved by N. Belikova, D. Voronin, O. Dvornikova, O. Doroshenko, N. Panchuk and others. The essence of the concept of "pedagogical conditions" is investigated by O. Boitsun, N. Bugaets, V. Manko, R. Seryozhnikova, and others.

The motivation of preschoolers' health safety competence is the careful attitude of children to their own health, getting used to a healthy lifestyle, motivation to enrich the experience of children's health safety behaviour. The organizational principles were: watching cartoons, observing the health-preserving actions of adults and children, reading children's books (early age), viewing posters, pictures, games, conversations, free minutes, mini-classes (younger group); problem-game tasks, game exercises, simulation of health-saving situations and their analysis, success situations, imagination games, photo exhibitions, inventing calls (added in the middle group); viewing of presentations, observation, analysis of situations, problem task, production of an individual map-scheme "I want...", creation of fantasy tales, virtual trips, valeological chain, "attraction of ideas", performance-show (added in the senior group). Arming children with the necessary knowledge about preserving and strengthening their own health, a healthy lifestyle, awareness of the need to follow it, forming life skills in children that contribute to physical, social, mental, and spiritual health.

The main content of the formation of health safety competence is classes, didactic games, artistic activities; observations, conversations, stories, reading works of art in accordance with the life skill that is being formed; enrichment of children's vocabulary with words-names of signs of health and factors of health preservation; learning songs and poems by theme, board games, dramatization games, staging, theatrical games, mobile games and exercises, sand therapy, music therapy; excursions; thematic creative stories of children, guessing riddles, composing a dialogue in order to evaluate situations from the standpoint of a healthy lifestyle, logical tasks, research activities, constructive and building games, collective construction, mobile exercises, didactic exercises, composing fairy tales, drawing with feet and toes, creating an album of children's drawings, "Krainy dobra"; children's stories from their own life experiences, thematic projects, trainings, interactive learning methods, creation of the "Country of Good Deeds", collective collage "Planet of Health", graphic exercises. Also, a positive example was health safety activities for adults, mobile games and exercises, role-playing story games, health paths, physical culture holidays and entertainment, improvisation of movements; travel games, staged games, moving improvisation exercises, competitions, psychogymnastics exercises, practical tasks and exercises, assignments, storytelling therapy, laughter therapy, creating a "Mood Screen", designing posters "What's so good, what's so bad", receiving reincarnation, modeling situations, "Week of Joy", ATM of pleasant words, contests for

families, care for the inhabitants of the corner of nature; exercises for relaxation, inclusion of new elements in well-known games [4].

Conclusions. The introduction of technologies for the formation of health safety competence into the educational process provides a positive impact on the development of motivation for a healthy lifestyle, the formation of knowledge, skills and health-preserving skills, and the practical application of life skills that contribute to physical, social, mental and spiritual health.

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