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HEALTH SAFETY TECHNOLOGIES AS A FACTOR OF PRESERVING AND PROMOTING HEALTH IN CHILDREN OF UPPER-KINDERGARTEN AGE

The period of preschool childhood is a unique period of development, which is saturated with various physiological, social and psychological changes. This age is important in the formation of personality, because it forms the necessary skills and habits that determine the degree and nature of adaptation in the following stages of the child's life. At the current stage of society, an important problem is the formation of skills to preserve and strengthen health. This is especially relevant among children of upper-kindergarten age, because children must be aware of what health is and its value, have a certain idea about a healthy lifestyle, the importance of hygiene, and proper nutrition. Therefore, it is important for the teacher to choose a system of measures aimed at preserving and strengthening health, that is, a complex of health-preserving technologies.

This problem will always be relevant in preschool education, therefore, the development of children, their attitude to their health will depend on how the teacher plans the educational process, what conditions will be created for this.

Problems of health safety technologies were studied by Ukrainian and foreign scientists: S. Aleschenko, Yu. Boychuk, L. Hryvniak, K. Daene, O. Dubogai, S. Ivankova, L. Loginova and others. The researches of teachers: V. Horashchuk, O. Dubogai, S. Kyrylenko, S. Lapayenko, S. Svyridenko, S. Tyshchenko, V. Shakhnenko and others, which reveal various aspects of the formation of a culture of health and a healthy lifestyle, are becoming especially relevant. Psychological and pedagogical and social aspects of a healthy lifestyle for children and youth were characterized in the studies of O. Bezpalko, I. Zvereva, N. Zymivets, G. Laktionova, I. Sokovna-Semenova, etc.

The purpose of the article is to highlight the content of health safety technologies as a factor in preserving and strengthening health in children of upper-kindergarten age.

Technology is a system of methods that is used to optimize the form of education, to improve the conduct of classes. Any technology is designed based on specific conditions and is oriented towards a given, not a predictable result.

By health safety technologies, scientists understand favourable conditions for a child's education (without stressful situations, adequacy of requirements, teaching and upbringing methods); optimal organization of the educational process (according to age, gender, individual characteristics and hygienic requirements); necessary, sufficient and rationally organized motor mode [4, p. 47].

Other scientists understand health safety technologies as: favourable conditions for a child's education in a preschool education institution, selection of methods, forms of

education and upbringing; preparation of the educational process, taking into account the age, gender, individual characteristics of children, creation of a full-fledged and rational movement regime.

Analysis of classifications of existing health safety technologies makes it possible to distinguish the following types (according to O. Vashchenko):

- *health safety* - technologies that create safe conditions for staying, studying and working at school and those that solve the task of rational organization of the educational process (taking into account age, gender, individual characteristics and hygienic norms), compliance of educational and physical loads with the child's capabilities;

- *health* - technologies aimed at solving the tasks of strengthening the physical health of students, increasing the potential (resources) of health: physical training, physiotherapy, aromatherapy, hardening, gymnastics, massage, phytotherapy, music therapy;

- *technologies of health education* – hygiene education, formation of life skills (emotion management, conflict resolution, etc.), injury prevention and abuse of psychoactive substances, sex education;

- *upbringing a culture of health* - upbringing personal qualities in children that contribute to preserving and strengthening health, forming ideas about health as a value, strengthening motivation to lead a healthy lifestyle, increasing responsibility for personal health, health families [5, p. 5].

A wide range of health safety technologies are used in the preschool education institution: stretching, dynamic pauses, moving and sports games, relaxation, finger gymnastics, eye gymnastics, corrective, orthopedic gymnastics, etc. Corrective technologies are gaining popularity, namely technologies of musical influence, fairy-tale therapy, technologies of color influence, hardening.

The task of health safety pedagogy is to ensure a high level of health for the child's personality, to form a culture of health, to inculcate the skills of a healthy lifestyle, therefore the problem of preserving the health of children's personality will always be relevant and requires further solutions of modern forms, methods and means of implementing healthy of conservation technologies in the preschool education institution.

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