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VAQT TUSHUNCHASINI SHAKLLANTIRISH USULLARI

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Annotatsiya: Ushbu maqolada maktabgacha yoshdagi bolalar uchun vaqt tushunchasini shakllantirish usullari yoritiladi. Vaqt tushunchasi bolaning hayotiy tajribasini kengaytirish, rejalashtirish va kundalik faoliyatni tartibga solish uchun muhim ahamiyatga ega. Maqolada vaqtni anglashga yordam beradigan metodlar, o'yin texnologiyalari va interaktiv yondashuvlar tahlil qilinadi.

Kalit so'zlar: Vaqt tushunchasi, vaqtni o'lchash, maktabgacha ta'lim, didaktik metodlar, o'yin texnologiyalari, interaktiv yondashuv.

Kirish

Bolalarning vaqt tushunchasini shakllantirish maktabgacha ta'lim jarayonida muhim ahamiyatga ega. Vaqtni anglash bolaning xotirasi, kuzatuvchanligi va mantiqiy tafakkurining rivojlanishiga xizmat qiladi. Vaqt tushunchasini shakllantirish orqali bolalar o'z hayotini tartibga solish, kun tartibini rejalashtirish va vaqtni tejash ko'nikmalarini hosil qiladi.

Asosiy qism

1. Vaqt tushunchasini shakllantirishning ahamiyati

Vaqt tushunchasini shakllantirish bolalarga quyidagi ko'nikmalarni rivojlantirishga yordam beradi:

- Voqealarning ketma-ketligini anglash.
- Kun tartibini tushunish va unga rioya qilish.
- Vaqtni rejalashtirish va samarali foydalanish.
- Vaqt birliklarini ajratish (soat, kun, hafta, oy, fasllar).

2. Didaktik yondashuvlar

Vaqt tushunchasini shakllantirish uchun quyidagi metodlardan foydalanish mumkin:

- **Vizual materiallar yordamida tushuntirish** – soatlar, taqvimlar va fasllar tasvirlangan rasmlar orqali tushuntirish.
- **Kuzatish va tajriba qilish** – kun va tunning almashinishini, ob-havo o'zgarishlarini kuzatish.
- **Kundalik faoliyat asosida o'rgatish** – bola hayotidagi vaqt bilan bog'liq odatiy holatlar orqali tushuntirish (masalan, "Ertalab uyg'onamiz, tushlik qilamiz, kechqurun uxlaymiz").

3. O'yin texnologiyalaridan foydalanish

Bolalarning qiziqishini oshirish va vaqt tushunchasini mustahkamlash uchun quyidagi o'yin texnologiyalaridan foydalanish tavsiya etiladi:

- **"Soatni top"** – soat rasmlaridan foydalangan holda vaqtni aniqlash.
- **"Ketma-ketlikni to'g'rilash"** – voqealarning to'g'ri ketma-ketligini joylashtirish.



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- **“Kun tartibini rejalashtirish”** – bolaning kunlik faoliyatini rejalashtirish o‘yini.

- **“Fasllarni o‘rganamiz”** – fasllarni tasvirlash va ularni ajratish o‘yini.

4. Raqamli texnologiyalar va interaktiv metodlar

Zamonaviy ta’lim jarayonida vaqt tushunchasini shakllantirish uchun interaktiv vositalardan foydalanish samarali hisoblanadi:

- **Interaktiv soatlar va taqvimlar** – bolalar uchun vaqtni anglashni osonlashtiradigan raqamli vositalar.

- **Multimedia materiallar** – vaqt tushunchasini vizual va audio vositalar orqali tushuntirish.

- **Mobil ilovalar va o‘yinlar** – vaqtni anglashga yordam beruvchi interaktiv ilovalar.

5. Ota-onalar va pedagoglarning roli

Bolalarning vaqt tushunchasini shakllantirishda ota-onalar va pedagoglarning faol ishtiroki zarur. Quyidagi usullar tavsiya etiladi:

- **Bolalar bilan birga kun tartibini tuzish** – ularning faoliyatini rejalashtirishga yordam berish.

- **Vaqt tushunchasini mustahkamlash uchun kundalik suhbatlar** – masalan, “Hozir ertalabki nonushta vaqti”, “Kechqurun yotish vaqti keldi” kabi tushunchalarni tushuntirish.

- **Bolalarni vaqtni tejashga o‘rgatish** – vazifalarni belgilangan vaqt ichida bajarish ko‘nikmalarini hosil qilish.

Xulosa

Vaqt tushunchasini shakllantirish maktabgacha yoshdagi bolalarning kundalik hayotini rejalashtirish va tartibga solishda muhim ahamiyat kasb etadi. Ushbu jarayonda vizual materiallar, amaliy mashg‘ulotlar va o‘yin texnologiyalaridan foydalanish samarali hisoblanadi. Pedagoglar va ota-onalar tomonidan to‘g‘ri yondashuv orqali bolalarning vaqtni anglash, voqealar ketma-ketligini tushunish va vaqtni tejash ko‘nikmalarini rivojlantirish mumkin.

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