



qualities. From an early age, children begin to learn the emotional and moral experiences of the family. Confidence and respect, family values, attitudes towards people around and their activities begin to form. Therefore, in the family and preschool educational organization, the same requirements are set for children in agreement between pedagogues-educators and parents. Preschool children are affected by the emotional state of adults and remain for a long time. The behavior of family members and teachers determines the activity and activity of children. The child develops in the process of communication with adults. On the basis of this process, the emotional unity of children and adults is created, they gradually work together and it is an important condition for their development. As a result of the joint actions of adults and children, not only do they acquire knowledge, skills and competences, but children begin to perform independently and enter into social relations. The process of socialization of preschool children is more complicated. Because the child begins to adapt to social life according to the influence of the people around him. Stresses in various situations in the child's adaptation to social life and school education, as well as their desire to get out of conflict situations like adults, create a tendency to psychological protection. Psychological protection is a permanent stable development system of a person, which is a conscious orientation to eliminate feelings of fear, anxiety and conflicts. The main task of psychological protection is limited to the formation of a positive "I" image, the prevention of the impact of various external situations on the child's mind, the reduction of anxiety and the increase of self-esteem. Emotion motivates the child to act, affects the acquisition of experiences and independent activity, and most importantly expresses his attitude to any situation.

During preschool education, the following causes of mental disorders in children were observed in practice:

1. Failure to follow a strict schedule in life and lifestyle.

2. Prohibition of free movement.
3. Lack of fresh air.
4. Healthy eating and not organizing it properly.
5. Failure to properly organize children's rest and sleep.
6. Authoritarian approach of adults towards children and excessive attention to them.
7. Restricting children's free activities without any reason.
8. Intellectual and physical overload.
9. Unfavorable conditions in the family and preschool education organization, problematic relationship with parents and peers.

Russian physiologist I. Pavlov said that any physical activity creates a stable positive mood, gives joy [12]. A number of scientists have proven that lack of movement is harmful.

There are a number of ways to relieve stress in preschool children, for example: laughing and making jokes in uncomfortable situations, organizing a conversation by choosing funny and positive qualities of fairy-tale characters.

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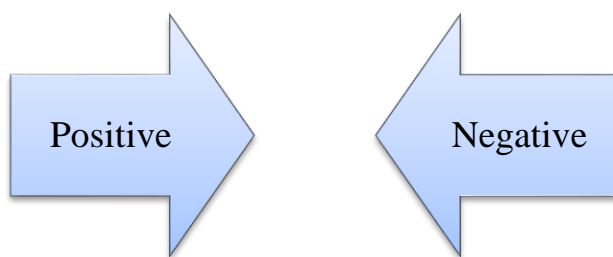
These recommendations eliminate excitement, anxiety and overload in children. Due to the age characteristics of children, it is difficult for them to overcome stress because they do not have enough life experiences. According to N. Bekhterev, "one of the best means of eliminating mental stress and negative emotions in children is physical activity" [1].

Today, art-technology is considered an urgent issue in the field of pedagogy and psychology. Children's mental health arouses serious concern among educators, psychologists, and parents. An increase in neurosis in children and adults has a negative impact on lifestyle, interest in education, and feelings such as anger and nervousness occur. All this requires the search for effective "psychological-pedagogical" methods and tools, prevention of negative events. Forming a communicative culture in children, encourages them to show creativity and sociability between them.

At the age of 4, children want and are interested in communicating with their peers. Relationships with peers develop personal qualities in them, show initiative, see their potential, learn to be self-aware. Psychological and physical health determines children's emotional and cognitive activities and affects the development of character, personal qualities, most importantly, the nervous system and mental state also play a role.

Before school, 3-5-year-old children understand their inner mental state, and relate to their peers based on their emotional state. Children understand the emotional state of their peers and friends very well, feel their frustration or fear, and their "satisfaction". Emotional development in children helps them engage in social interaction. The manifestation of these emotions is directly related to the child's mood.

Emotions in any person can be divided into two large groups.



As a result of the negative emotions that occur in children, a negative attitude towards those around them appears, especially when they perform unusual actions towards their peers and educators. Negative emotions are manifested in different ways: disappointment, anger, fear, disappointment. The emotions of a preschool child arise through the adults around him and his own mental state.

A stable positive mood helps children to successfully adapt to their psychological and emotional state, to the organization of preschool education and to the social environment. The reason for rapid mood swings and constant depression in children is that they fall into an uncomfortable state under the influence of unhealthy environment and wrong attitude. Constant mental tension creates stress. The above-mentioned signs of emotional stress indicate that children are under stress. However, such cases have not been observed before.

If children are under stress, they will show several signs, for example:

- insomnia, the child sleeps with great difficulty and sleep is restless.
- fatigue, involuntary activity during the day can be an overload.
- the child is upset for no reason.
- anxiety, the child in such a situation wants adults to support him, strives for them.
- manifestation of abnormality and stubbornness.

- the child does not want to participate in the game with peers, it is difficult to follow the rules of the game.
- cases that were not noticed before are observed, sometimes the child chews something or puts it in his mouth.
- sometimes he loses his appetite.
- movement disorders, shaking of hands, shaking of the head, flinging of the shoulders, urinary incontinence during the day and even in the evening.
- there is a loss of memory, distraction of imagination and attention, and loss of interests aimed at increasing activity.

Psychologists and educators should record these situations in children even if they are not observed. It is necessary to observe and support children individually.

The mentioned signs indicate that children are experiencing "psychosomatic disorders" in their behavior and self-perception. However, this condition affects not only children's health, but also the formation of personal qualities and physiological development, and can cause neurosis. Therefore, prevention of emotional stress in preschool children is considered one of the most urgent problems. Children want their parents to encourage and appreciate them. They strive to perform tasks that are beyond their capabilities, because they do not know what their physical and mental capabilities are, and they do not realize that their emotional and will power cannot meet the demands of adults. For example, children with the ability to sing are invited to various contests, events and concerts without taking into account their wishes. The child thinks that it is necessary to fulfill the adult's request and tries to fulfill it. However, overloading

does not correspond to the child's capabilities, as a result, it has a negative effect on his psyche.

As a result of emotional stress in children of preschool age, various behavior disorders can occur.

Below we present three types of deviations in children's behavior.



1. Imbalance. Acceleration of impulsive actions in children's behavior, not thinking about their mistakes. As a result of negative emotions, unpleasant situations arise, unimportant events, attention to things.

2. Negative attitude. Children are characterized by negative communication with adults and peers. Resentment, lack of self-satisfaction, holding grudges against others for a long time will occur. But compared to children of the first type, they can control themselves.

3. Fear prevails in children belonging to this type. Normal fear is different from emotional stress fear. In such cases, preschool children cannot control the situation because they do not have the skills to overcome mental stress [10; 312-314]

Therefore, it is important for educators and parents to understand that the listed situations depend on the social environment around children and adults. Educators and parents should carefully monitor the emotional state of each child, control their

manners and behavior, and understand the causes of mental disorders in the child. It is necessary for the educator and the psychologist to search for and eliminate the most effective forms of problematic situations in the child's life in cooperation.

Art-technology can be said to be one of the modern approaches that ensures the manifestation of creativity, the comprehensive development of the child's personality and the solution of various problems [8; 127c]. However, the development of this direction is not less than a century. At the beginning, treatment of children was carried out only through imaging activities. Gradually, music, dance, sand teriya, clay and 'lastilin', fairy tale teriya methods were additionally introduced. This field aims to correct the mental state of children and eliminate their mental stress.

In art-technology, what belongs to children, is realized. Also, as a result of the therapeutic effect, thinking and intellect develop, creativity is manifested. Relieves emotional stress, improves mood, understands one's own emotional state, understands how others behave in emotional situations, transforms negative thoughts into positive ones, can express oneself and personal views, overcome age crisis takes Since childhood, he can see even the smallest element of beauty, his creative potential develops. Children understand themselves, get to know the world around them, develop as individuals, and the process of socialization takes place [9; 186-189].

Currently, the following types of art technology can be used in preschool education:

- painting-visual activity;
- phototherapy (making a collage of pictures);
- music therapy (listening to music);
- drawing in the sand;
- fairy tale therapy;



- dance classes;

- in puppet therapy, he stages various situations with the help of a puppet theater.

Dance and movement therapy - in which children move to music, resulting in improved emotional and physical well-being. If a person moves or runs, his mood will rise. An important reason for this is the endorphin hormone, which accelerates its production during movement. As a result, the child not only improves his mood, he becomes sociable and polite. This type of therapy can also be used in the family.

Art pedagogy helps to achieve the following goals:

1. Facilitates the learning process and improves the child-teacher relationship. It ensures acquisition of knowledge with the help of artistic and creative activities and develops the senses of sight, hearing and skin. Teaching through non-verbal communication gives effective results.
2. It is characterized by the fact that it is a socially convenient way to prevent various negative feelings, anger, anxiety, etc.
3. Makes it possible to interpret educational materials and helps to diagnose students and make a general conclusion.
4. Allows the educator and children to process educational materials based on their spiritual and spiritual experiences. Strengthens knowledge, skills and abilities.

In addition, children will have self-awareness and management skills. He receives ecological education and feels that he is a part of nature. By implementing these types of technology, children's motivation to learn will increase, and the quality and efficiency of education will be guaranteed.

Mechanisms of emotional attunement and emotional decentration play an important role in adaptation of preschool children to the social environment. Syntony is an emotional damage that appears in infancy and can lead to anxiety during development. Children gradually begin to imagine the feelings, successes and failures of others. However, as he grows up, he does not take other people's

feelings to himself, he begins to express his emotions independently. Decentration can be called the mechanism of the emergence of egoism in children, in which his personal views change as a result of comparing others and integrating the position. Emotional decentering is based on emotional situations and involuntary actions. For this reason, in order to prevent emotional stress in preschool children, it is important to create a pure psychological environment in the family, to take into account their individual characteristics in the process of preschool education.

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