

The Methodology Of Developing Preschool Children Through Emotional And Affective Influence

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Annotation: This article analyzes the methodology of developing preschool children through emotional and affective influence. It explores the role of emotions in shaping a child's personality, the importance of emotional intelligence in developing cognitive and social skills, and practical strategies for creating an emotionally rich learning environment.

Keywords: emotional development, preschool education, emotional intelligence, psychological influence, teaching methodology, early development.

INTRODUCTION.

The preschool years are a critical stage in a child's development and play a significant role in shaping their personality. During this period, a child's emotional state greatly influences their cognitive, social, and moral growth. A child's emotional world determines how they perceive their environment, form relationships, and react to various situations. Therefore, employing special methodologies aimed at fostering emotional and affective development is vital in preschool education.

Main Part: Emotional and affective development is a fundamental component of a child's overall growth. A child's emotional state affects their attitude towards the environment, interactions with others, and decision-making in various situations. Modern research highlights that a child's level of emotional intelligence is no less important than their cognitive abilities and, in some cases, surpasses it in significance.

An emotional environment serves as a core factor in all educational and upbringing processes. Creating an aesthetic environment significantly impacts children's mood and creative engagement. A bright, cozy, and child-friendly atmosphere draws

children into the educational process with enthusiasm.

Theatrical activities, such as puppet shows and role-playing games, enrich children's emotional experiences. Through such methods, children learn how to navigate feelings in different situations and enhance their emotional awareness. For instance, dramatizing characters' emotions in various scenarios helps children understand and express their own feelings.

Musical activities are another key tool for fostering emotional expression in children. Listening to music, singing songs, or reciting poems stimulate their emotions. These activities allow children to express themselves freely. Careful selection of lyrics and musical themes ensures a positive impact on their emotional states.

Special games and exercises aimed at emotional development are also highly beneficial for children. Activities such as the "World of Emotions" game teach children to express their feelings through colors or movements. Similarly, exercises like "Hero's Emotion" help children understand and empathize with the feelings of others.

The collaboration between educators and parents significantly impacts children's emotional

development. The connection between home and preschool settings is essential for organizing a successful educational process. The emotional experiences children gain at home should be supported in preschool as well.

To create a positive emotional environment for children, the following strategies can be applied:

Organizing activities in an aesthetically pleasing environment.

Enriching emotions through artistic and musical activities.

Teaching children to understand emotions in social contexts.

Emotional and affective development in preschool children is deeply connected to their ability to process and regulate their emotions. This ability is crucial for building self-awareness, social competence, and resilience. Studies have shown that children with well-developed emotional intelligence are more likely to succeed academically and socially.

One effective strategy is integrating storytelling and narratives into the curriculum. Stories with emotional themes enable children to explore various feelings, such as joy, sadness, fear, and empathy. For example, discussing the emotions of characters in a story helps children identify similar emotions in themselves and others, fostering empathy and emotional understanding.

Artistic activities, such as painting and drawing, also play a significant role in emotional development. When children express themselves through art, they can communicate emotions that they might not yet have the vocabulary to articulate. Encouraging children to create art based on how they feel promotes emotional self-expression and reflection. Furthermore, guided group discussions can help children learn to express their feelings

verbally and listen to others. Educators can facilitate activities where children discuss their experiences and emotions in a safe and supportive environment. For instance, a "Feelings Circle" allows each child to share how they are feeling, teaching them to articulate emotions and recognize those of their peers.

Mindfulness exercises and relaxation techniques are gaining traction as tools for emotional development in preschool education. Simple practices such as deep breathing, yoga, or guided visualization help children manage stress and develop self-regulation skills. These practices can also enhance their focus and overall well-being.

Lastly, building a supportive relationship between educators and children is essential for emotional development. When children feel valued and understood by their teachers, they are more likely to trust and share their feelings. This bond creates a foundation for emotional growth and confidence in navigating social interactions. Incorporating these approaches into preschool education helps children build a strong emotional foundation, preparing them for the challenges of later life.

Conclusion: The emotional and affective development of preschool children is a key factor in their holistic development. Methodologies focused on emotional influence contribute to the formation of children's social skills, emotional intelligence, and moral values. Effectively incorporating such methodologies into the educational process positively impacts children's intellectual and social development.

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