

PSYCHOLOGICAL ACTIVITIES TO IMPROVE CHILDREN'S LEARNING AT SCHOOL

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Annotation: *This article explores various psychological activities and techniques aimed at improving children's learning outcomes in school settings. It emphasizes the importance of developing cognitive, emotional, and social skills through interactive and motivational exercises. The study highlights methods such as mindfulness practices, memory-enhancing games, emotional intelligence training, and collaborative problem-solving activities that positively affect children's academic performance and well-being. By integrating psychological approaches into classroom practices, teachers can foster a more engaging, supportive, and effective learning environment for students.*

Keywords: *psychological activities, learning improvement, children's education, emotional intelligence, cognitive development, motivation, mindfulness, classroom psychology*

Education today is not only about giving information. It is also about understanding how children think, feel, and behave. Psychology helps teachers to make learning more interesting and effective. When we use psychological ideas in the classroom, children learn better and feel happier.

1. Why Psychology Is Important in Teaching

Psychology helps teachers understand how students learn and what motivates them. For example, it shows that every child learns in a different way and needs different kinds of support. Teachers who know about psychology can understand students' emotions, behavior, and problems more easily.

The famous psychologist Jean Piaget explained that children learn step by step — first through real objects and later through abstract ideas. So, when teachers know the level of thinking of their students, they can choose the best method for teaching.

2. Psychological Activities to Use in Class

Teachers can use many psychological activities to help students enjoy learning and behave positively. Here are some examples that work well in schools:

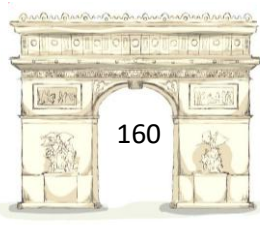
a. Emotion Games

Games like “Emotion Mirror” or “How Do You Feel Today?” help children recognize their emotions. This improves emotional intelligence and communication skills.

b. Reward Chart

Using a simple reward system, such as a “Star of the Week,” motivates students. This idea comes from B.F. Skinner's behaviorist theory, which says that positive behavior increases when it is rewarded.

c. Growth Mindset Talk



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According to Carol Dweck, students should believe they can improve with effort. Teachers can encourage this by saying “You can’t do it yet” instead of “You can’t do it.” This helps students not to give up easily.

d. Peer Learning

Lev Vygotsky said that children learn best when they work with others. Group work and pair activities help students explain ideas, share knowledge, and build confidence.

e. Mindfulness and Relaxation

Before lessons or exams, a short breathing or relaxation activity can help students focus. Mindfulness exercises reduce stress and make children calmer and more attentive.

3. Supporting Students Emotionally

Good teachers care not only about lessons but also about how students feel. For example, a “Feelings Box” or “Mood Corner” can help children express emotions safely. Teachers can also speak privately with students who look sad, anxious, or lonely. Emotional support builds trust and helps children learn better.

4. Conclusion

Psychology helps teachers understand students more deeply. When teachers use psychological methods, lessons become more positive and enjoyable. Emotional support, motivation, and classroom activities all help children become more confident, creative, and successful learners.

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