

EFFECTIVE USE OF FOREIGN COUNTRIES' OPPORTUNITIES FOR ORGANIZING SUMMER HEALTHCARE SEASONS FOR PRESCHOOL CHILDREN

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Annotation: This article analyzes the advanced experiences of foreign countries in organizing summer wellness seasons for preschool children. Among others, the philosophy of outdoor activities in Scandinavian countries (friluftsliv), specialized retreats in the United States (sports, arts, STEM), Japanese recreation programs based on national values, and Finnish educational approaches through play have been explored. On the basis of these foreign approaches, the possibilities of organizing eco-, cultural, technological and Family-Integrated summer wellness programs in the conditions of Uzbekistan are outlined. Proposals and recommendations for the training of pedagogical personnel, the involvement of families and the creation of a healthy environment have also been put forward. The article is of theoretical and practical importance in the modernization of summer wellness work in preschool education.

Keywords: Foreign countries, preschool education, summer wellness, foreign experience, retreat, child health, pedagogical technologists, interesting programs, Parent cooperation, modern innovations.

Introduction. Preschool of age children child's lifelong to the well-being impact to do possible was main health storage habits installation for very important. Summer young in children physical, emotional and social to develop help giving health improvement programs done increase for unique the opportunity presented will reach. World countries this from the era effective use for innovative approaches working.

Foreign in countries preschool of age children for summer health improvement programs organization to grow early childhood health and development encouragement for valuable the opportunity presented This will programs not only physical to prosperity aimed at, but whole to grow contribution adding educational and cultural also combines experiences.

Preschool of age the children every one-sided healthy, physically serious, social-emotional in terms of stable arrived upbringing – every one of the state priority Especially in the summer vacation during health improvement events effective organization to grow children's general development positive impact shows. In foreign countries this regarding collected experience study, their advanced approaches local to the conditions adaptation In Uzbekistan preschool education quality in increasing important factor be takes.

Summer health improvement of activity purpose and objectives

Summer health improvement seasons following main tasks does:

- Children's health reinforcement;
- Physical activity increase;
- Psychological healthy environment creates;
- Cultural-educational, aesthetic upbringing development;
- The child interests and talents determination and development;

- Socialization and group work skills to form.

Summer health improvement seasons preschool of age children for not only leisure to release, maybe their physical, mental and social to develop ground creative important period is considered. Today on the day of the world developed in countries this seasons children health strengthening, their interests development and independence person as formation for wide opportunities creates. Foreign countries experience study through Uzbekistan under the circumstances children for further efficient and modern summer health improvement programs create possible.

1. Germany and Scandinavia forest children kindergartens

Germany and Scandinavia in countries wide widespread forest children kindergartens open in the air early study approach provides. Three from age six up to age was children weather from the conditions strict look, forest in the environment play, exploration and learning such as activity with are engaged in. This method nature with mutual the effect highlights and age in children resilience and creativity develops.

2. Iceland health preservation-promotion Preschool

Iceland Health preservation-promotion Preschool initiative regular health reinforcement on work for preschool for tools and support offer will participate. provider institutions health storage activity management for online to the system entrance right has will be, instructions they receive and study materials and assistance They use this. approach children's health preschool to experience adding, every day prosperity for environment creates. Iceland's Health save -promote preschool initiative daily inside health storage education integration. Preschool education institutions food, physical activity, hygiene and emotional to prosperity focused. To programs regular physical exercises, balanced food and spiritual health reinforcing, child to develop whole approach creative training enters.

3. Children in kindergartens gardening

Semi -arid climate in the zones the children care to do centers preschool of age children's to fruits and vegetables was interest increase for practical gardening programs done increased. This programs the children gardens planting and care to do attraction does this them not only healthy food about teaches, maybe them nature with connects and the environment to manage help gives.

4. Seminars and Mini Olympics in Bosnia and Herzegovina

Workshops and mini-Olympics on healthy eating for preschool children have been organized in Bosnia and Herzegovina. These events encourage children to practice healthy lifestyles through interactive activities and provide parents with an opportunity to learn about the importance of healthy eating.

5. In Sweden Healthy School Start Plus Program

The Swedish Healthy School Start Plus program is preschool of age children between healthy nutrition and physical activity activity promote to do aimed at parents support initiative. Six months in the program parents for health about information, school nurses by motivational conversations, class training and children for house tasks, health to keep in cooperation approach develop enters.

6. Horticulture programs in the United States. The United States various In the States summer camps and children kindergartens their own training to programs gardening they enter. Children gardens planting and care in doing, healthy food and ecological responsibility in learning

participate. This practical experiments not only food about information gives, maybe thin tool skill and collective the work also increases.

7. A program for mindfulness and yoga in the United Kingdom. Preschool of age children for Britain's summer programs often mentality and yoga their training own inside takes. This events in children emotional order to put, attention concentration and rest to take methods to develop help gives. Programs own inside to receive possible story to do yoga, this on the ground children story with related poses they do this practice interesting and educational does.

8. In Canada cooking education program. In Canada some summer programs preschool of age the children cooking main skills with introduces. Children simple, healthy the dishes to prepare they learn, independence and to eat to understand they develop. This activities, as well as creativity encourages and children's new meals try to see readiness increase possible.

9. In Australia physical activity and game program. Australia's summer programs structured game and sports through physical activity emphasizes. Children swimming, football and teamwork, coordination and physical other health- promoting group They are engaged in their training. This programs from a young age regular exercise importance to absorb focused.

10. In France cultural and to the language training program. In France some summer camps different for preschool children culture and to languages diving opportunity gives. To the activity new in the language main phrases study, cultural studying traditions and international in games participation enters. This exposure to children worldview expands and inclusiveness and increases interest.

11. In Japan emotional and social development program. Japan's summer programs often emotional and social to develop focused. Children cooperation, sympathy and conflicts solution to do help giving group at events participate. This programs children's interpersonal skills and emotional intellect to increase, them future social to relationships to prepare focused.

Uzbekistan for foreign experiments today's on the day important is considered. That is why today on the day abroad experiments learn them further improving preschool education in organizations summer health improvement programs from creation after preschool education of age children's development, summer heat in the days to children new and unique programs, games current to grow children's interest and novelty also helps to discover abilities gives. In this new way pedagogical technologies It is also important to create importance Foreign experiences based on modern programs organization to grow children's education to take quality increases and children interest increases.

Uzbekistan under the circumstances following foreign practices current to be done possible :

- **Ecological health improvement centers** – mountainous in the regions (Zamin, Zaamin, Baysun) based camps ;
- **Cultural-aesthetic camps** – people practical art, national values based on training ;
- **Technological camps** – IT, robotics, project based on games ;
- **Sports and fitness camps** – swimming, running, gymnastics basics ;
- **Family participating camps** – parents in the presence of healthy food, children with communication trainings ;
- **Play therapy centers** – specialized experts with emotional stability development.

Summer in health care educational and upbringing integration

Summer activities only leisure not, maybe educational of the process important is a continuation. Foreign experience the following teaches :

- Each training educational to the goal has to be need ;
- Physical activity, mental activities, art, ecology, psychology stability in balance to be need ;
- Educators permanent accordingly training and seminars through qualification increasing progress necessary.

Suggestions and recommendations

1. **Summer health improvement programs specialization** – every one area own to the potential looking at direction choice.
2. **Children in kindergartens summer camps organization to exist** – exists from infrastructure using programs local on a scale organization to do
3. **Pedagogical personnel preparation** – foreign experience learned special educators and psychologists team to form.
4. **International experience exchange** – foreign institutions with experience exchange programs create
5. **Public - private partnership based on camps development** – entrepreneurship attraction to grow through modern camps build to be

Conclusion.

Foreign countries preschool of age children for summer health improvement seasons organization in the making advanced approaches Uzbekistan for example be It takes. The important thing is that experience local culture and opportunities with harmonization. Summer health improvement period children for truly life to school rotation for systematic approach, pedagogical skill and society attention important importance has. Foreign in countries preschool of age children for summer health improvement from programs effective use open in the air training, health storage education and community attraction to do own inside Such a complex approaches used without this programs young children's physical, emotional and social to develop contribution Addictive, their future well-being for solid foundation creates. Preschool of age children for summer health improvement from programs effective use physical health, emotional prosperity, social skills and cultural to the mind aimed at complex approach own inside takes. Various and innovative strategies acceptance to do through countries summer in the months young children's whole development supportive enriching experiments presented they reach possible.

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