

THE ESSENCE AND IMPORTANCE OF PLAY AS A CHILD'S ACTIVITY

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Abstract: In this article, the game as the main type of children's activity in preschool educational organizations, the history of the game, the theory of game activity, the psychological characteristics of the child under the age of one, the scientific theoretical importance of introducing the power of the game, its the level of research and its importance at the present time are highlighted.

Keywords: game, activity, educator, children, task, upbringing, education, communication, creative activity.

Pre-school education is an institution of great importance in raising a harmoniously developed personality, instilling in the hearts of the young generation the knowledge and values that determine the child's entire future. The game is the main activity of children of preschool age, through which the child is formed as a person. The game is one of the main activities of the child and plays an important role in the process of personal development, socialization and understanding of the world. Through the game, the child learns about the environment, relationships between people, life situations, and through this develops mentally, physically and socially.

The essence of the game: The game is a child's natural need. It allows the child to move freely, express his imagination and think creatively. During the game, the child enters roles, repeats or recreates events. This develops his mental activity and social feelings. Through the game, the child tries to understand and process the events of real life on his own. Importance of the game:

Mental development - helps in logical thinking, problem solving, concentration and memory. Social education - in games, children cooperate with each other, learn the culture of behavior, understand compliance with group rules. Moral development - qualities such as distinguishing between good and bad, empathy, correctness are formed. Physical development - movement games strengthen muscles, develop balance, agility and coordination.

Creativity and imagination - role-playing and constructive games develop a new approach, inventiveness and visual thinking in children.

The game determines the degree to which the child's education, work, and attitude towards people are formed. The game is of great importance in the physical development of children, in the educational work of the preschool educational institution, in the intellectual, moral, labor and aesthetic upbringing of children. In the game, all aspects of the person are activated: the child acts, speaks, perceives, thinks, during the game, the child's imagination and memory work actively, the qualities of impressionability and will are manifested. The game is shown as an important means of education. The game not only improves cognitive processes, but also has a positive effect on the child's behavior. According to Z.V.Manuyleko, who studied the

psychological problem related to the development of self-control skills in children of kindergarten age, it is possible to acquire behavioral skills earlier and more easily in comparison with a goal-oriented training, which shows that games have a great influence on the formation of the causes of the emergence of the child's personality. The concept of creative play includes role-playing games, dramatic games, and construction games. children's perception of life in the environment is reflected in the level of understanding of one or another life events in the games of Jodi. The content of the Jodi games is for the children to come up with themselves. In these group games, children's precocity, independence, self-organization and creativity are shown. Colorful life impressions are not exactly repeated, they are processed by children, one of them with another, alternating, etc.

A person goes through different stages during his life. At each stage, specific forms of activity prevail. In childhood, play is the most basic, natural and necessary activity. The game is not just a means of spending free time for children, but is the main source of their mental, intellectual, physical and social development. In pedagogy and psychology, the game is of great importance as a means of comprehensive education and development of the child. The implementation of the game process of education, especially in the open air, in children developing observation and creativity, making them aware of colors, large and small shapes, teaches to identify smell, taste, to develop sensory abilities in general. Using various poetic or riddle games during physical exercises is appropriate. Formation of skills and abilities of independent performance in children, their to develop intelligence, to develop quick calculation skills, to develop the product of creative thought, a period of training using modern methods in order to increase their interests is a requirement. Mathematics, speech development, familiarization with the environment, labor training "Stage", "Game-Competition", "Theatrical", "Travel", "Envelope" the use of training gives effective results. Children's active activities during the game the importance for mental development is that children's various qualities and qualities are in the process of play qualities and virtues are strengthened and mastered instead of being manifested.

Therefore, from the point of view of psychology, the game is rational, i.e. properly organized develops his personality in all aspects, and therefore at the same time in all mental processes of the child - helps to develop perception, perception, attention, memory, thinking, imagination and will. The game from actively imitating the character - actions and behavior of big people in terms of their essence due to its composition, for the strengthening of moral qualities and morals in children provides ample opportunities for them to learn the rules. Game for children of preschool age in the process of performing the role of a doctor or teacher, all qualities related to this profession seeks to manifest. If they get too involved in the game, it is a characteristic of their role it is shown in such a sincere and creative way. None of the game content for children there is no limit. Preschool children change all aspects of adult life they can reflect in their games.

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