

## Teaching Primary School Students Methods of Mental Activity

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***Abstract.*** *The use of pedagogical technologies and various didactic games in order to make the primary school teaching process more effective, to improve the quality of the lesson, to instill in students a love for the motherland and parents, to study and apply them. Uncovering the essence of the lesson by using them in the classroom reveals hidden abilities in students.*

***Keywords:*** *Pedagogical technologies, games, literacy, modern methods.*

Teaching primary school students methods of mental activity is an important aspect of their educational development. Mental activity refers to the cognitive processes that take place in our brains when we think, problem-solve, reason, and learn. By teaching students how to engage in effective mental activity, we are helping them develop critical thinking skills, problem-solving abilities, and a deeper understanding of the world around them. One method of mental activity that can be taught to primary school students is mindfulness. Mindfulness is the practice of paying attention to the present moment without judgment. By teaching students how to be more mindful, we are helping them develop their ability to focus, concentrate, and stay present. This can have a positive impact on their academic performance, as well as their overall well-being. Another method of mental activity that can be taught to primary school students is visualization. Visualization is the process of creating mental images or pictures in our minds. By teaching students how to visualize, we are helping them improve their memory, comprehension, and creative thinking skills. Visualization can be especially helpful for students who struggle with reading comprehension or have difficulty understanding abstract concepts.

One method of mental activity that can be taught to primary school students is problem-solving. Problem-solving involves identifying a problem, brainstorming possible solutions, and evaluating the effectiveness of each solution. By teaching students how to approach problems in a systematic way, we are helping them develop their critical thinking and analytical skills. Problem-solving can also help students become more independent and confident in their ability to overcome challenges. Another method of mental activity that can be taught to primary school students is metacognition. Metacognition is the awareness and understanding of one's own thought processes. By teaching students how to reflect on their thinking and learning processes, we are helping them become more self-aware and strategic learners. Metacognition can help students identify their strengths and weaknesses, set goals for improvement, and monitor their progress over time. One method of mental activity that can be taught to primary school students is active listening. Active listening involves fully concentrating on what is being said, rather than just passively hearing the words. By teaching students how to be active listeners, we are helping them improve their communication skills, comprehension, and social interactions. Active listening can also help students develop empathy and understanding towards others.

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Another method of mental activity that can be taught to primary school students is critical thinking. Critical thinking involves analyzing information, evaluating evidence, and making informed judgments. By teaching students how to think critically, we are helping them develop their reasoning and problem-solving skills. Critical thinking can also help students become more discerning consumers of information, able to distinguish between fact and opinion. One method of mental activity that can be taught to primary school students is cognitive flexibility. Cognitive flexibility refers to the ability to adapt and adjust one's thinking in response to change or new information. By teaching students how to be cognitively flexible, we are helping them develop their ability to think creatively, solve problems from different perspectives, and adapt to new situations. Cognitive flexibility can also help students become more resilient and open-minded individuals. Another method of mental activity that can be taught to primary school students is memory techniques. Memory techniques involve strategies and methods for improving memory and retention of information. By teaching students how to use memory techniques, we are helping them become more effective learners and retain information more efficiently. Memory techniques can include methods such as mnemonic devices, repetition, visualization, and association.

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teaching students how to use memory techniques, we are helping them become more effective learners and retain information more efficiently. Memory techniques can include methods such as mnemonic devices, repetition, visualization, and association. Pupils consciously acquire the language along with the parallel formation of the linguistic relationship to the language units, in particular, the main ones, the word, morpheme, phrase, sentence. Linguistic attitude to the word by analyzing the word from the sound-letter side, determining the connection between its sound and graphic side, morphemic analysis of the word and understanding the place of the word in giving a lexical meaning to the word; It grows depending on the formation of the ability to understand the grammatical analysis of the word and the correlation of the grammatical signs of the word with the fact that it belongs to a certain word group. Linguistic attitude is gradually formed in students, they may have different levels of knowledge and understanding. For example, students of the 2nd grade can find phrases in a sentence, but they cannot explain how the words in the phrase are connected to each other, that is, with what. The teacher develops students' linguistic attitude to words, phrases and sentences in accordance with the purpose of the educational process, in particular, he takes care of the student's understanding of the studied category. Establishing and implementing connections between concepts is the basis for the system of knowledge acquired by students in the Uzbek language and the conscious use of the language. Knowing the connection between concepts allows to apply more theoretical knowledge in solving practical (grammatical, orthographic, speech) tasks.

In conclusion, teaching primary school students methods of mental activity is essential for their cognitive development and academic success. By incorporating practices such as mindfulness, visualization, problem-solving, metacognition, active listening, critical thinking, cognitive flexibility, and memory techniques into their curriculum, educators can help students become more engaged, reflective, and effective learners. These skills and strategies can not only benefit students in their academic pursuits but also in their personal growth and development as individuals. Ultimately, by teaching primary school students methods of mental activity, we are empowering them with the tools and skills they need to navigate the complexities of the modern world with confidence and agility. Teaching primary school students methods of mental activity is crucial for their cognitive development and academic success. By incorporating a variety of effective teaching methods, educators can help students develop strong cognitive skills, critical thinking abilities, and problem-solving capabilities that will serve them well in their educational journey and beyond.

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