



## **DEVELOPING SCIENTIFIC-TECHNICAL AND CREATIVE ABILITIES IN SCHOOL-AGE CHILDREN**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 1 <sup>st</sup> January 2024 <b>Accepted:</b> 26 <sup>th</sup> February 2024	This article discusses fostering the curiosity for entrepreneurship in school-age children, enhancing their scientific proficiency, and the effectiveness of time management and the correlation between pedagogy and scientific-technical skills. In this article, also guidelines are provided for tasks that need to be started from the moment of each child's birth. Our brighter future begins with intelligent and capable children

**Keywords:** Mind-stimulating toys, efficiency from gadgets, pomodoro technique, effective sleep schedules, collaboration, theatre and role-playing games.

President of the Republic of Uzbekistan Shavkat Mirziyoyev, in his speech at the global conference on issues of upbringing and education for young children held on November 15, 2022, emphasized the importance of paying attention and providing practical support to young children and adolescents, fostering their physical and spiritual development. He stated, "In this regard, we prioritize attention and practical care for the youngest children and adolescents, aiming to fully reveal their individuality through their physical and mental upbringing". Starting from early childhood, we are creating a solid foundation for their confident future. Moreover, there is no doubt that the investments made on this noble goal will return manifold in the future.

As of August 1, 2023, there are a total of 30,792 educational institutions in the Republic, with 6,734 of them being considered state-funded organizations. These educational institutions, with the aim of fostering creative abilities in young children, offer various engaging programs and a variety of educational games. The games not only teach children purposeful and meaningful activities but also contribute to the development of their cognitive abilities. Through these activities, each child is shaped as an individual.

Main 5 developmental toys for children:

- Soft rattles, plush toys (for children up to 3 years old);
- Nesting dolls (for children aged 6 and above);
- Shape-sorting toys (for children aged 1 and above);
- Montessori board (for children aged 1 to 2 years).

Toys designed for children under 2 years old are mentioned above, with the Montessori board considered the most beneficial. It enhances a child's ability to control movements, logic, and motor skills.

Developmental toys play a crucial role in nurturing various abilities in children.

Restricting the activities of children aged 3-7 solely to school facilities is currently considered one of the most problematic aspects. Each child's upbringing is the responsibility of an individual at home, necessitating separate engaging activities and creative conversations. Encouraging the child to interact with useful activities while distancing them from gadgets (mobile phones, computers, tablets, music players, etc.) helps instill responsibility and ensures their effective daily routine within a specified regimen.

It is recommended to monitor which toys children play with, when, and for how long. The "pomodoro" method is considered the most effective approach. In this method, the playtime and learning process are divided based on a specific schedule. After playing with toys for 25 minutes, a creative conversation between parents and the child takes place for 5 minutes. This cycle, repeated four times, involves engaging the child's curiosity, drawing based on their interest, teaching letters and numbers starting from the basics using fun notebooks, or introducing interesting books (once the child reaches the reading stage independently).

Ensuring children have consistent and adequate sleep contributes to their mental well-being and supports their active engagement throughout the day. The quality of sleep is crucial, and the timing and manner of falling asleep are important factors. If the beneficial work coefficient is low, even 10 hours of sleep may be insufficient, whereas with a high beneficial work coefficient, 5 or 6 hours of sleep might be satisfactory. For children in the school-age range, getting 3 hours of sleep between 23:00 and 03:00 provides energy for a 6-hour sleep cycle. Putting the child to bed at this time



facilitates falling asleep, and the quality of sleep improves. It's essential to recognize that the start of the 3-hour sleep period doesn't necessarily need to be precisely at 23:00. Determining bedtime based on the child's physical condition is reasonable.

Collaboration between educators and parents is essential in the upbringing process within the school system. This means that activities conducted in educational institutions should be reinforced and continued under parental supervision at home. This collaborative effort enhances the overall outcomes of the educational process. Theater and role-playing games stimulate a child's creativity and curiosity. Creating conditions that meet the needs of children and organizing role-playing games with them is recommended, and of course, it is advised to always encourage the child at the end of the game.

Stimulating curiosity and fostering creativity in young school-age children through various methods is considered one of the most important and effective stages in developing scientific, technical, and creative abilities. The knowledge acquired during childhood is akin to a pattern engraved on a stone.

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